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FOR THE

PHILIPPINE PUBLIC SCHOOLS



MANILA
BUREAU OF PRINTING
1911

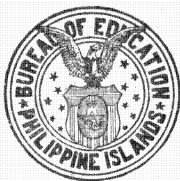
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BULLETIN No. 40, 1911
BUREAU OF EDUCATION

ATHLETIC HANDBOOK

FOR THE

PHILIPPINE PUBLIC SCHOOLS



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ANNUAL REPORTS:

- First Annual Report of the Superintendent of Public Instruction, 1901. (Edition exhausted.)
- Second Annual Report of the General Superintendent of Public Instruction, 1902. (Edition exhausted.)
- Third Annual Report of the General Superintendent of Education, 1903. (Edition exhausted.)
- Fourth Annual Report of the General Superintendent of Education, 1904. (Edition exhausted.)
- Fifth Annual Report of the General Superintendent of Education, 1905. (Not issued in printed form.)
- Sixth Annual Report of the Director of Education, 1906.
- Seventh Annual Report of the Director of Education, 1907.
- Eighth Annual Report of the Director of Education, 1908. (Supply limited.)
- Ninth Annual Report of the Director of Education, 1909.
- Tenth Annual Report of the Director of Education, 1910. (Supply limited.)
- Eleventh Annual Report of the Director of Education, 1911.

BULLETINS:

- 1. The Philippine Normal School, Catalogue for 1903-4. English and Spanish. April 1, 1904. (Edition exhausted.)
- 2. A course of Study in Vocal Music for Vacation Normal Institutes. May, 1904. (Edition exhausted.)
- 3. The Philippine School of Arts and Trades, Prospectus for 1904-5. English and Spanish. June, 1904. (Edition exhausted.)
- 4. The Philippine Nautical School, Prospectus for 1904-5. English and Spanish. June, 1904. (Obsolete.)
- 5. Notes on the Treatment of Smallpox. June, 1904.
- 6. Reports of Industrial Exhibits of the Philippine Schools at the Louisiana Purchase Exposition. June, 1904.
- 7. Courses of Instruction for the Public Schools of the Philippine Islands. June, 1904. (Edition exhausted.)
- 8. Cursos de Enseñanza para las Escuelas Públicas de las Islas Filipinas. (Spanish edition of Bulletin No. 7.) June, 1904. (Edition exhausted.)
- 9. A list of Philippine Baptismal Names. June, 1904. (Edition exhausted.)
- 10. Government in the United States. (Prepared for use in the Philippine Public Schools.) June, 1904.
- 11. Courses in Mechanical Drawing, Woodworking, and Ironworking for Provincial Secondary Schools. June 1904. (Obsolete.)
- 12. Advanced and Post-Graduate Studies Offered by the Philippine Normal School for Preparation for Entrance to American Colleges and Universities or to the University of the Philippines. English and Spanish. August, 1904. (Obsolete.)
- 13. Not issued in printed form.
- 14. The School Law of the Philippine Islands, as amended by Acts of the Philippine Commission to and including Act 1580, with Executive Orders and Attorney-General's Opinions affecting the Bureau of Education. January, 1906. (Edition exhausted.)
- 15-20. Not issued in printed form.
- 21. Philippine Normal School, Catalogue for 1904-5. English and Spanish. May, 1905. (Edition exhausted.)
- 22. Lessons on Familiar Philippine Animals. August, 1905. (Edition exhausted.)
- 23. Standard Course of Study in Vocal Music for the Public Schools of the Philippine Islands. 1906. Revised and reissued in 1910. (Editions exhausted.)
- 24. Outline of Year's Course in Botany and Key to the Families of Vascular Plants in the Philippine Islands. August, 1906. Revised and reissued in 1907. Third edition issued in 1908. Fourth edition issued in 1911.
- 25. Official Roster of the Bureau of Education, corrected to March 1, 1906. May, 1906. (Obsolete.)
- 26. High School and Secondary Courses of Instruction. June, 1906. (Obsolete.)
- 27. Philippine Normal School, Catalogue for 1906-7 and Prospectus for 1907-8. May, 1907. (Edition exhausted.)
- 27. (A.) Philippine Normal School, Courses of Study, Secondary Course. January, 1908. (Obsolete.)
- 28. The Milkfish or Baños. May, 1908. (Supply limited.)
- 29. Constructive Lessons in English, Designed for use in Intermediate Grades, August, 1910. Revised and reissued, 1911.
- 30. Philippine Normal School, Catalogue for 1909-10 and Announcement for 1910-11. June, 1910. (Edition exhausted.)
- 31. School and Home Gardening. July, 1910.
- 32. Courses in Mechanical and Free-hand Drawing, for Use in Trade and Intermediate Schools. December, 1910.
- 33. Philippine Hats. December, 1910. (Supply limited.)
- 34. Lace Making and Embroidery. December, 1910.
- 35. Housekeeping and Household Arts—A Manual for work with the girls in the elementary schools of the Philippine Islands. February, 1911.
- 36. Catalogue and Announcement of the Philippine Normal School. May, 1911. (Edition exhausted.)
- 37. School Buildings, Part I. (In course of preparation.)
- 38. School Buildings, Part II. (In hands of printer.)
- 39. A Manual of Free-hand Drawing for Philippine Primary Schools. (In course of preparation.)
- 40. Athletic Handbook for the Philippine Public Schools.
- 41. Service Manual of the Bureau of Education. (In hands of printer.)
- 42. Intermediate English-II Notes, Directions, and Aids to the Preparation of the Correspondence Study Course.

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BULLETIN No. 40, 1911
BUREAU OF EDUCATION

ATHLETIC HANDBOOK

FOR THE
PHILIPPINE PUBLIC SCHOOLS



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FOREWORD.

Recreation exercises and field sports have come to represent an important phase of the work of the Bureau of Education. The purpose of this handbook is to systematize and give direction to physical instruction as incorporated in the program of this Bureau.

The subject matter of the manual divides itself into two parts. Part I prescribes a schedule of games suitable for adoption in all public schools. The conditions and needs of the barrio school have been taken into account, as have also those of the central and higher schools. Care has been taken to simplify these games so as to make them practicable everywhere. The general introduction of the system here proposed will add zest to the life of the school and will provide a means of physical training in effective and attractive form.

Part II of the manual embodies rules and regulations for field sports and athletic contests. The rules therein set forth have, for the most part, been compiled from those in use in the United States, with special adaptation to the peculiar needs of this country. An attempt has been made to satisfactorily cover those points of dispute which have arisen from time to time in athletic meets conducted in various parts of the Islands.

This handbook has been prepared under the direction of Mr. Frank L. Crone, Assistant Director of Education, assisted by Mr. P. S. O'Reilly, division superintendent of schools, and Messrs. John S. Potter and G. Gresham Griggs of the General Office. Mr. Elwood S. Brown, physical director of the Manila Young Men's Christian Association,

has submitted many valuable suggestions and criticisms as to the material of this volume and its arrangement.

This handbook is prescribed for general use in all schools under the Bureau of Education, and the requirements herein set forth will be officially observed.

FRANK R. WHITE,

Director of Education.

MANILA, P. I., *November 1, 1911.*

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PART I.
GENERAL SCHOOL GAMES.

PART I—GENERAL SCHOOL GAMES.

ATHLETICS FOR EVERY PUPIL.

The subject of athletics in the schools has long since passed the experimental stage in both America and Europe. It has been proved conclusively that play is as important to the school boy and girl as any other subject in the curriculum, and a teacher there would no more think of leaving athletic games out of his program than he would geography or history. The demand for teachers, specially trained to look after the physical welfare of pupils, has had amazing growth, and to supply this demand colleges and normal schools have established regular courses in physical training.

Athletics in the schools have in the past been subject to criticism because in most cases only a small percentage of the pupils have participated; but in recent years, through the introduction of simple competitive games within the schools in which all pupils can take part, a much greater number have been benefited. In the Public Schools Athletic League of New York City alone, more than 150,000 pupils have taken an active part each year.

Recognizing the value of physical training and sports for the schools, the Bureau of Education has from its beginning fostered such school activities and has given its assistance to contests and meets. In the recent revision of the course of study these exercises were given a definite place in the school program; by the issuance of this handbook on public school athletics, increased emphasis is being placed upon physical training and athletics for all schools under the administration of the Bureau, and such sports are now not only encouraged but actually required.

The primary object to be attained is to make physical training and games general, to improve all the pupils physically, and to instil interest and spirit into their school life. The following chapter proposes a schedule of games that may be played in any school in the Islands. These schedules have been tried in hundreds of schools and clubs and *have worked.*

SCHEDULE FOR GROUP GAMES.

| Date. | Opponents. | Events. | Points. | Winners. | Points won daily. | | | | Grand total to date. | | | |
|-------|-----------------------------------|--|---------|----------|-------------------|--------|-------|--------|----------------------|--------|-------|--------|
| | | | | | Red. | Black. | Blue. | Green. | Red. | Black. | Blue. | Green. |
| | Red vs. Blue. Black vs. Green. | Backward and forward run relay. Volley ball | 2 3 | | | | | | | | | |
| | Red vs. Black. Blue vs. Green. | Rooster fight | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Black vs. Blue. Red vs. Green. | Hopping relay | 2 | | | | | | | | | |
| | | Basket ball | 3 | | | | | | | | | |
| | Black vs. Green. Red vs. Blue. | Broad jump relay | 3 | | | | | | | | | |
| | | Volley ball | 2 | | | | | | | | | |
| | Blue vs. Green. Red vs. Black. | Day and night | 2 | | | | | | | | | |
| | | Basket ball | 3 | | | | | | | | | |
| | Red vs. Green. Black vs. Blue. | Basket ball relay | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Red vs. Blue. Black vs. Green. | Indian wrestling | 2 | | | | | | | | | |
| | | Indoor baseball | 3 | | | | | | | | | |
| | Red vs. Black. Blue vs. Green. | Ball passing relay | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Black vs. Blue. Red vs. Green. | Wand wrestling | 2 | | | | | | | | | |
| | | Basket ball | 3 | | | | | | | | | |
| | Black vs. Green. Red vs. Blue. | Crab relay | 3 | | | | | | | | | |
| | | Volley ball | 2 | | | | | | | | | |
| | Blue vs. Green. Red vs. Black. | Walk and run relay | 2 | | | | | | | | | |
| | | Indoor baseball | 3 | | | | | | | | | |
| | Red vs. Green. Black vs. Blue. | Pull ups | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Red vs. Blue. Black vs. Green. | Obstacle relay | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Red vs. Black. Blue vs. Green. | Pig-a-back relay | 3 | | | | | | | | | |
| | | Volley ball | 2 | | | | | | | | | |
| | Black vs. Blue. Red vs. Green. | Ball roll relay | 2 | | | | | | | | | |
| | | Indoor baseball | 3 | | | | | | | | | |
| | Black vs. Green. Red vs. Blue. | Hop-step-jump relay | 2 | | | | | | | | | |
| | | Basket ball | 3 | | | | | | | | | |
| | Blue vs. Green. Red vs. Black. | Tug-of-war | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |
| | Red vs. Green. Black vs. Blue. | Straight run relay | 2 | | | | | | | | | |
| | | Volley ball | 3 | | | | | | | | | |

This schedule should be made out on a large card and posted in a prominent place about the school so that the relative standing of the teams may be apparent at all times.

NOTES ON SCHEDULE.

The chief object in introducing this system of competitive games in the schools is to interest those pupils who have hitherto been backward in taking part. In order to have any success, the teacher in charge must necessarily study the games thoroughly. He must explain to the pupils that athletics are not for trained athletes alone, but that any of them can do his team credit in these games. After the schedule is once well started, the question of interest will take care of itself.

The pupils who are to take part will be divided into four teams. To secure the best results each of the four competing groups should have not less than eight nor more than thirty members. If possible this division should be a natural one, such as by classes or groups of classes.

Wherever practicable, especially in the larger schools, it is suggested that the two losing teams provide some inexpensive entertainment at the close of the schedule in honor of the two winners. This stimulates the competition and adds to the spirit of good fellowship.

The person in charge of the games should select four boys who show marked evidences of leadership to act as captains of the four competing groups. The importance of getting natural leaders with considerable athletic ability can not be overestimated.

In case the teams are chosen by lot it is well to have the names of all the pupils written down and to let each captain choose in order.

This schedule is so arranged as to be especially adapted to large groups in which all of the pupils compete. Lazy and inefficient boys injure the group standing so much that a public opinion is soon created which induces each member to improve himself.

In order to insure full attendance each team may be given one additional point when three-fourths of its number are

present. By this method the mere presence of the less able members is worth something to the team. The captains will settle the question of attendance.

The schedule contemplates two sessions a week for a period of two months, and as drawn up provides that all four teams compete on the same days. For example, while Red and Blue run a backward and forward relay, Black and Green play volley ball, and at the close of the volley ball game, Black and Green run the relay, and Red and Blue commence their volley ball game.

If the teacher thinks it advisable, four sessions a week can be held with only two teams competing each day. This would necessitate a slight rearrangement of the schedule.

It is suggested that the teams be named Red, Black, Blue, and Green, respectively, but this is not a requirement. They may be numbered 1, 2, 3, and 4, or given any set of names.

This schedule lists volley ball prominently, as it is the best large group game to use with beginners. Wherever conditions warrant, baseball or basket ball may be substituted. Experience has demonstrated, however, that it is well to have each of these three games count the same, three points.

All other events count two points, with the exception of those in which all four teams compete at the same time. In these latter cases the team winning first place is awarded 3 points, second place 2 points, and third place 1 point.

The starting position for all relay races is practically the same. The competitors in each group line up shoulder to shoulder behind the starting line. If possible there should be at least 5 feet between the two competing groups. The first runner of each group stands with one foot on the starting line ready to start at the command, "Go." The team whose last man crosses the starting point first wins the race.

In all relay races the referee must be careful to see that the outgoing runner does not leave the starting line before being touched by the incoming runner. In many cases it is well to require each contestant to carry a small object which he must hand to the next man.

Practically all of the relay races require each contestant to run from the starting point to the opposite goal and return. If this opposite goal is a wall it must be touched by the hand, if a line by the foot, before the runner may return to the starting point.

In events where only two men at a time compete against each other, such as the rooster fight and Indian wrestling, the team having the greatest number of victories is awarded the points.

Each of the events on this schedule, except day and night and tug-of-war, requires an equal number of contestants on each side. In these two contests, each team must compete with the number of men on hand or forfeit.

In all events except the two mentioned above, if a team is short one man the referee picks one man of average ability to compete twice. When a team is short more than one man and an even number is to be picked, each of the captains picks half of that number; when an odd number, each of the captains picks half of that number less one, and the referee chooses the odd man.

In basket ball and baseball the games should be divided into periods so that all of the players have a chance. For example, if there are fifteen on each side to play basket ball, the game will be in three periods with five different players on each team each period. In these games the total score for the three periods counts. In volley ball any number may play on each team.

EVENTS ON SCHEDULE.

Backward and Forward Relay.

The runner stands with his back toward the direction in which he is to run and with his heels touching the starting line. At the command, "Go," he starts off, running backwards, and runs in this manner to the other goal. He then runs forward back to the starting line and touches the outstretched hand of the next man on the team, who immediately leaves the starting line, running backwards, as the first man did. As soon as the touch is received each player in his turn runs backwards to the goal and in returning runs forward.

Rooster Fight..

A ring is drawn about 12 feet in diameter. Each captain takes his turn in putting forth a contestant for a man from the other side to meet. The two fighters stand on one foot on opposite sides of the

ring and at the command, "Go," hop into each other with folded arms. The contestant who is first forced entirely out of the ring or who touches his other foot to the ground or who unfolds his arms loses.

Hopping Relay.

The opposing teams line up in relay position. Each contestant hops to the opposite goal, which should not be more than 50 feet away, touches it with hand or foot, and returns. It is not allowable to change feet at any time.

Broad Jump Relay.

The first man of each team toes the starting point and makes a standing broad jump. From the marks of his heels the second man jumps and from the marks of his heels the third man, toeing these heel marks in each case, and so on until each man has jumped once. The team having jumped the greatest aggregate distance wins the contest.

Day and Night.

Two parallel lines are drawn across the field, with a space of ten feet between them, which is neutral ground. The players line up on each side of this neutral territory. A block of wood having six or more sides, an even number being necessary, is used, which should be painted with half its sides white and half black. One team is called the white team and the other the black team. The referee rolls this object down the center of the neutral territory. When it finally comes to rest, if a white side is up, the white team must turn and run for the goal 50 feet away at the end of the ground, the other team chasing them. Anyone captured (tagged on the back) is out of the game and his team must continue with those not captured. If a black side turns upward the black team must turn and run for the other goal at their end of the ground, pursued by the white team. The team first reduced to three men or less loses.

Basket Ball Relay.

Two basket balls or two balls of similar size and shape are necessary for this race. Each contestant on each team must run to the basket at the opposite end of the ground and put the ball through the basket or make five honest attempts to do so. If he fails to throw a basket in five attempts he may return to the basket at the starting point just as if a goal had actually been made. He repeats the performance at the starting point and upon the ball going through the basket or upon his completing five attempts the second runner may start out. The last man of each team must stand and throw at the last basket until a goal is made. The team whose last man first succeeds in throwing a basket wins.

Indian Wrestling.

The contestants are put forth by their respective captains as in the rooster fight. The men lie on their backs, right side to right side, with adjacent arms locked and with the right hand on the shoulder of the opponent. At the count, "One", the adjacent legs are brought up in an upright position, at "Two", the same, and at "Three" the legs are interlocked. The contestant who is forced to roll over from his position loses.

Ball Passing Relay.

Each of the two opposing teams lines up in single file with about three feet between men. They then assume a stride position and lean forward. At the word, "Go," the first man on each line passes a ball, or some other object that will roll, backward between the legs of all the other members of his team. The last man upon receiving the object picks it up, runs with it to a goal at the opposite side of the field and back to the front of the line, bends over and passes it backward between his legs and through the rest of the team, he himself remaining in the line. This is continued until each player in turn becomes the last man in the line, receives the ball and runs to the goal and back to the front of the line. The race is over when the person who was number one at the beginning of the run becomes the last man in the line, receives the ball and crosses the goal line.

Wand Wrestling.

The contestants are put forth by their respective captains as in the rooster fight and Indian wrestling. They sit on the ground facing each other with the soles of their feet together. The wand or stick is grasped by each man with both hands. At the word, "Go," each man leans backward and pulls as hard as possible, the loser being the first man who is pulled up onto his feet.

Crab Relay.

The opposing teams line up in relay position. Opposite each team at a distance of 30 feet there should be drawn a circle three feet in diameter. Each contestant must run backward on feet and hands (all fours) to the circle. As soon as one foot falls inside the circle the runner stands erect and returns to the starting point, where he touches the second man, who starts off backwards on all fours as did the first. Each man of each team follows in his turn. Until this has been tried it is difficult to realize how easily the sense of direction and power to guide one's movements are lost while running in such a position. It is an extremely amusing race.

Walk and Run Relay.

The teams line up in relay position. At the command, "Go," the first man starts out and walks to the opposite goal, which for this

race should be at least 100 feet away. As soon as he has touched the opposite goal with hand or foot he turns and runs back to the starting point, touches off the second man, who in turn walks to the goal and runs back the same as the first man. In walking one foot must be in contact with the ground all the time. This continues until the last man has been touched off and has returned on the run to the starting point.

Pull-up.

A horizontal bar is necessary for this game. If one is not available any of the plans outlined in the chapter on apparatus will serve the purpose.

Each player grasps the bar in turn and pulls the body up until the chin is over the bar. The body is let down until the arms and legs are extended, the feet not touching the ground. This is repeated as many times as the player's strength will permit. The team having the greatest number of pull ups wins.

Obstacle Relay.

The variations of this race are infinite, depending entirely upon the ingenuity of the teacher. One simple obstacle relay is here given. The teams line up in relay position. The first man on his way to the opposite goal is required to turn a backwards somersault and on his way back to climb over some simple barrier erected in the center of the ground. Each player in his turn performs the same stunt, and as in other relays, the team whose last man crosses the starting point first wins.

Pig-a-Back Relay.

The opposing teams line up in relay position, with the exception of one man on each team, who stands at the opposite goal. At the word, "Go", this man runs to the starting line and gets man No. 2 on his back and carries him to the opposite goal. As he reaches the goal No. 2 dismounts, returns to the starting point and gets No. 3 on his back, whom he carries to the goal exactly as he himself was carried. This continues until the last man has been carried to the goal. He then dismounts and runs back to the starting point. The teams should be lined up with the heaviest man as No. 1, the next heaviest as No. 2, and so on.

Ball Roll Relay.

Two basket balls or similar objects are necessary for this race. The teams line up in relay position and at the word "Go", the first man starts out rolling the ball toward the opposite goal, preferably a post. In the course of his progress he must never touch the ball with two hands, nor may he intentionally cause the ball to leave the ground. It must be propelled by means of slaps and must be in contact with the ground all the time. Each man in his turn rolls

the ball to the opposite goal and back to the starting point, also a post, whereupon the next man continues in the same manner. The team wins whose last man is able to propel the ball back to the starting point first.

Hop, Step, and Jump Relay.

Similar to the broad jump relay except that each man makes a continuous standing hop, step, and jump. The greatest aggregate distance wins.

Tug-of-War.

The two opposing teams line up in single file opposite each other, with sufficient rope so that each man has three or four feet of space between himself and the man in front and the man behind him. A handkerchief is tied in the middle of the rope exactly between the two teams, and at the word, "Go", each side endeavors to pull the other out of its position. A two minute pull is sufficient and at the end of that time the decision is awarded to the team having pulled the other team out of its starting point.

Straight Run Relay.

The teams line up in relay position, each man running straight away to the goal at the other side of the ground and returning, where he touches off the next man.

Besides the games mentioned in the schedule the teacher in charge may substitute any others with which he has had experience. The following are some that may well be used:

Potato Race.

Receptacles two feet in height are so placed that there are as many parallel rows twenty or more feet long (with a receptacle at each end) as there are groups. In each receptacle at one end of the rows three to six potatoes are placed. The start is made from the empty receptacles, each runner standing with one foot touching a receptacle.

Groups are formed of any equal number of players. Each group is assigned a row. At the signal the first in each group runs to the end of his row, picks up a potato, carries it back and places it in the other receptacle. Immediately upon placing the last potato in the receptacle, the second player proceeds to carry the potatoes back to the other receptacle one at a time. The third player on being touched off fetches the potatoes back; and so the potatoes are transferred back and forth from one receptacle to the other till all the players have run. The group wins whose last player first completes his task. The competitor must in each case run to the right around the receptacle.

All-up Relay.

Behind a starting line drawn on the ground the players are arranged in two or more single files (one behind the other in each file), there being a like number of players in the different files. Directly in front of each file, and at a distance of from twenty to fifty feet from it, two circles are drawn, each three feet in diameter and with rims touching. In one side of each pair of circles three Indian clubs (or billets of wood of equal diameter and height and sawed off square at the ends) are placed on end.

At a given signal the foremost player in each file runs forward and with one hand lifts the clubs or billets, one at a time, and sets them down in the adjoining circle so that they stand erect and do not touch the circumference of the circle. This done he hastens back to his file, touches the outstretched hand of the next player (the file having moved forward so that the player to be touched off toes the starting line), and takes his place back of the line. The instant the second player has been touched off he runs forward and sets up the clubs or billets in the other circle. He then runs back and touches off the third player, and so each player in turn runs forward as he is touched off by the preceding player and moves the clubs from one circle to the other. That file wins whose last player first crosses the starting line on his return. In case a club falls down, it must immediately be set up by the runner.

High Jump.

The cross bar is placed at a convenient height, as four feet, and each player is allowed three jumps. The side, having the most players to go over the bar, wins.

Leap-Frog Relay.

The teams line up in two single lines. The first man of each team takes his place on the starting line, bending over with hands on his knees, making a "back", with his head away from the file. The next player immediately straddle-vaults over him and in his turn makes a "back" six feet in front of the other man. The third player then straddle-vaults over the first two men and makes a third "back" six feet in front of the second man, and so on until all are down. Then the first player jumps over all in succession, stepping to one side when he has vaulted over the last back. The others all follow in turn, and the line which is first reduced to one player in the position of "back" wins; in other words, when every player has jumped over the back of every other player.

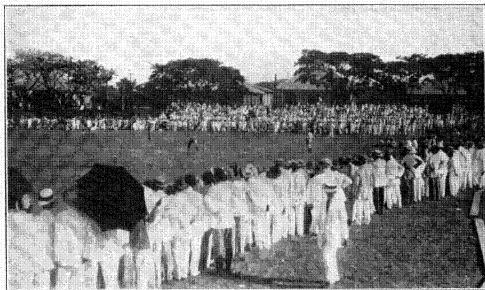


Photo by E. S. Brown.

BASEBALL GAME, CEBU VS. MANILA HIGH SCHOOL, CARNIVAL 1911.



CEBU TRACK AND FIELD TEAM, WINNER AT INTER-VISAYAN AND CARNIVAL MEETS, 1911.

IMPROMPTU SCHOOL-YARD GAMES.

Three Deep.

Any number of players.
Playground.

All of the players but two form in a double ring facing inward, that is, in two concentric rings, one player directly behind the other. The two odd players, one of whom is runner and the other chaser, start outside of the circle, generally one of them being on one side of the circle and the other on the opposite. The object of the game is for the chaser to tag the runner. The runner may save himself by stopping in front of any couple standing in the circle, whereupon, that file having been made "three deep," the outer player or third man becomes at once liable to tag and in his turn becomes runner and tries to evade the chaser. He may seek refuge in the same way in front of any couple. Should the chaser tag the runner they exchange places, the runner immediately becomes the chaser and the previous chaser being liable instantly to tagging. It will thus be seen that great alertness is necessary on the part of anyone standing on the outside of the circle, as at any moment the runner may take refuge in front of his file or couple, making him the third man and liable to be tagged. It is not permissible for any third man to take refuge in front of the couple standing immediately on his right or left.

Pom, Pom, Pull-away or Black-Man.

10 to 50 players.
Playground.

Two parallel lines are drawn from fifty to a hundred feet apart. One player is chosen to be "it" and stands in the center. The other players all stand behind one of the boundary lines. The one player calls out, "Pom, pom, pull-away, come away or I'll pull you away," or any other cry that the teacher may care to suggest, whereupon the players must all make a dash for the opposite goal. Any player slapped on the back three times before reaching the other goal must stay in the center and assist the first man in catching the others. This continues until all are caught. The first one to be caught is center player or "it" for the next game.

Body-Guard.

10 to 50 players.
Playground.

A small space is marked off at one end of the ground as a home or goal. One person is chosen to be the chief or "jefe," an important personage requiring a body-guard of two persons. The game starts

with these three players in the home ground and the balance of the players at large. The three issue forth with the two players who act as body-guard clasping each other by the hand and preceding the chief as a shield. The object of the game is for the players at large to touch or tantalize the chief without being tagged by one of his guard. The guard will shield their chief to avoid these attacks and the chief himself may avoid them by moving around the guard. Whenever a guard succeeds in tagging a player the chief and his guard at once return to the home, whereupon the player tagged changes places with the man who tagged him and the game goes on as before. Any player succeeding in tagging the chief becomes himself the chief, the deposed one going out into the general group.

Follow the Leader.

5 to 50 or more players.

Playground, schoolroom.

One player who is especially resourceful or clever is chosen as leader. The others all form in single file behind him and imitate everything that he does. The leader should keep the line moving and should set all kinds of tasks for them, such as climbing or vaulting over obstacles, under others, jumping to touch high points or objects, going through difficult feats, jumping certain distances, taking a hop, step and jump, walking backward, turning around while walking, walking or running with an object on the head, etc.

Fence Tag.

4 to 30 or more players.

Playground.

This game is a great favorite with boys for outdoor play. It requires in lieu of a fence various pieces of apparatus. A certain length of fence is chosen for the game. The one who is "it" gives the other players a slight start in which to vault over the fence, when he immediately vaults over and tries to tag them. This tagging may be done only when both players are on the same side of the fence. The dodging is done almost or quite entirely by dodging back and forth across the fence within the length or boundaries previously determined. Any player tagged must change places with one who is "it."

Cross Tag.

Any number of players.

Playground.

One player is chosen to be "it." He calls out the name of another player to whom he at once gives chase. A third player at any point in the chase may run between the one who is "it" and the one whom he is chasing whereupon this third player becomes the object of the

chase instead of the second. At any time a fourth player may run between this player and the chaser, diverting the chase to himself, and so on indefinitely. In other words, whenever a player crosses between the one who is "it" and the one being chased the latter is at once relieved from the chase and at once ceases to be a fugitive.

Day and Night.

Two groups of 10 to 30 players each.
Playground.

See explanation under competitive games schedule.

Ball Tag.

10 to 30 players.
Playground.

All of the players save one, who is "it," form a circle, facing in, and standing about three feet apart. A ball is passed rapidly in any direction across the line or around it, and the person who is "it" endeavors to touch this object. If he succeeds in touching it the player who actually has it in his hand at the time it is touched, or if he touches it before it reaches another player the man who last threw it becomes "it." The players should make a feint to pass the ball in one direction and then throw it another way, or make a feint to throw it to left or right and then throw it across the circle over the head of the one who is "it." It is an extremely amusing and exciting game.

Tom in the Ring.

10 to 30 players.
Playground.

This is a rough game. The players form a ring with hands tightly joined. A strong boy selected for Tom stands in the center and is considered the honored one. He folds his arms and must keep them folded. His aim is to escape by rushing, shouldering or bulging at the players forming the ring, and their aim is to prevent his escape. Tom will attack the weakest place or the most unexpected place. When he escapes he rushes out and the others separate and follow. The first to catch him has the honor of being Tom of the next game.

Tug.

Two teams of from 5 to 30 players each.
Playground.

This is a modified form of tug-of-war. It is not so severe and is adapted to school boys and cultivates strength. A good sized rope is stretched between two lines of boys, who stand facing each other four feet apart. At the command, "PULL," from the referee, every boy seizes the rope and pulls as hard as he can until the majority of those in one line are pulled to the opposite side from the original

position of the rope. The referee shouts, "Halt," or "Hold," or blows a whistle. At the signal all stop pulling and the side which pulls the other is declared the victor. Often it is decided in advance that the best two pulls out of three shall decide the fate of the day.

Last Couple Out.

11 to 31 players, boys and girls.
Playground.

An odd number of players is required for this game. One is chosen for catcher, who stands at the end of the playground with his back to the other players who stand in couples in a long line behind him, facing in the same direction that he does. The catcher should be not less than 10 feet in front of the first couple. The catcher calls, "Last couple out," when the last pair in the line run toward the first, the right hand one on the right side of the double line and the left-hand one on the left side of the double line, and try to join hands somewhere in front of the catcher. The catcher may not chase them before they are in line with him and may not turn his head to see when or from where the runners are coming. They should try to gain their end by varying the method of approach, sometimes both circling far out beyond him on either side, or one of them doing this and the other running in close to the lines. If the catcher succeeds in catching one of the players before that player can clasp hands with his partner, these two, catcher and caught, form a couple and take their place at the head of the line, which should move backward one place to make room for them, and the other player of the running couple becomes catcher. If neither be caught they are free to resume their places in line. This game has descended from the old method of marriage by capture.

Partner Tag.

4 to 50 players.
Playground.

All of the players but two hook arms in couples. Of the two who are free one is "it," or the chaser, and the other the runner. The runner may save himself by locking arms with either member of any couple he chooses. Whenever he does so the third party of that group becomes the runner and must save himself in like manner. If the runner be tagged at any time he becomes "it," or chaser, and the chaser becomes the runner. To get the proper sport into this game the couples should run and twist and resort to any reasonable maneuver to elude the runner, who is liable at any time to lock arms with one of them and so make the other the runner.

Whip Tag.

10 to 30 or more players.
Playground.

This game may be played with a knotted towel, although it is perhaps more skillful and interesting when played with a "beetle,"

merely a cylindrical sack about 20 inches long stuffed with cotton or straw, resembling a policeman's club. All but one of the players stand in a circle with hands behind their backs. The odd player runs around the outside, carrying the beetle, which he drops in the hands of any player in the circle. That player immediately turns and chases his right hand neighbor, beating him as much as he can find opportunity for while he chases him around the circle and back to his place. It is obviously to the interest of this right-hand neighbor to outrun the beater and escape the buffeting. The one holding the beetle then takes the place of the first outside player, that one joining the ring. The new beetle man in his turn runs around on the outside and drops the beetle in any hands which he chooses.

Duck on a Rock.

10 to 30 players.
Playground.

A rock of convenient size is placed at one end of the playing space. Each player is provided with a smooth stone for throwing. At a distance of twenty-five feet, more or less, depending on the size of the players, a line is drawn behind which the players are ranged. They toss at the rock; the one whose missile comes to rest farthest from the rock becomes the first guard.

The guard places his stone (the duck) on top of the rock and stands to one side. The players now toss their stones at the duck, trying to dislodge it from the rock. In trying to recover the stones they are liable to be tagged by the guard before they get back to their goal. A player tagged becomes the guard. But the guard may not tag any one until that player has touched his own duck or rock, or until the guard has replaced the duck on the rock, should it have been displaced.

Hide and Seek.

10 to 30 players.
Playground.

This game is too well known to require a complete description here. As usually played, "it" is chosen by some counting out rhyme; he then "blinds" at the goal and counts loudly to some number agreed upon (usually one hundred), while the rest of the players hide. When he discovers a player he runs to the goal and cries, "one, two, three for ——." A hider who gets to the goal before "it" and calls out, "one, two, three for me!" is safe. The first one caught is "it" for the next game.

Prisoners' Base.

20 to 60 players.
Playground.

Across both ends of the playground (preferably from fifty to sixty feet apart) lines are drawn back of which are the goals; these must be large enough to contain all the players of a side. At the right

of each goal and about one third of the distance toward the opposite goal is the prison.

As in most competitive school games, it is well to have a leader chosen for each side, these then choosing players alternately.

The object of the players of each side is to tag players of the other side when they are between the two goals. A player who is tagged must take his place in the opponents' prison. Of two opposing players, *he who left his goal last* may tag the other, and not vice versa.

A prisoner may be freed by being tagged while in prison by one of his own side. Neither prisoner nor rescuer may be tagged in returning to their goal. A player in pursuit of an opponent is liable to be tagged by an opposing player *who left his goal after the pursuer did*, or if the one pursued reaches goal, he may immediately turn about and become the pursuer. This leads to some exciting situations.

The game is won by the side which succeeds in placing all its opponents in prison. Or, a time limit may be set, and then the side wins which has secured the most prisoners when the time is up.

Wolf.

10 to 30 players.
Playground.

One player is chosen to be the wolf. The others, who are sheep, take their places at the goal, which may be a corner of the school-house or grounds, a tree, or other suitable gathering place. The sheep blind their eyes while one of them counts loudly to one hundred or any other number agreed upon. During the counting the wolf hides. At the conclusion of the counting the sheep start to look for the wolf. On first spying the wolf a sheep calls out, "Wolf! wolf!" The sheep then all run for the goal, pursued by the wolf. A sheep tagged before reaching the goal becomes a wolf and must join him in hiding and tagging. The wolves may all hide together or separately. The original wolf may run for the goal before he is discovered and when he has reached it, he may tag the sheep as they come in. However, before he can thus start for the goal, he must cry, "Run, sheep, run!" The sheep immediately answer, "Wolf, wolf, wolf!" The race for the goal then begins.

The game continues till all the sheep become wolves.

GAMES FOR THE SCHOOL ROOM.

The following school room games are of value only in cases where the weather makes it impossible to have outdoor games. The school room is to be used for this purpose only in the presence of the teacher and under his direct supervision. Care should be taken by the teacher not to let these games become rough or boisterous.

Cat and Mice.

5 or more players.

Schoolroom. For very small children.

One player is chosen to be cat and hides behind or under the teacher's desk. After the cat is hidden the teacher beckons to five or six other players, who creep softly up to the desk, and when all are assembled scratch on it with their fingers to resemble the nibbling of mice. As soon as the cat hears this she scrambles out from under the desk and gives chase to the mice, who may save themselves only by going back to their holes (seats). If a mouse be caught the cat changes place with him for the next round of the game. If no mouse be caught the same cat may continue or the teacher may choose another at her discretion. A different set of mice should be chosen each time so as to give each pupil an opportunity to join the game. This is a favorite school room game for little children. They should be taught to add sport to the play by giving the cat chase before returning to the seats instead of seeking safety in the shortest and most direct way.

Changing Seats.

20 to 60 players.

Schoolroom.

The teacher gives the command, "Change right," whereupon each pupil slips from his own seat to the one across the aisle to the right. The pupils in the farthest right hand row stand in the outside aisle. At the command, "RUN," the players in the displaced row run around the room and take the vacant row of seats on the opposite side. For instance, the teacher gives an order, "Change left," whereupon all the pupils slip over into the seats next them on the left, the outside row on the left side of the room standing in the aisle. The command may be given, "Change forward," after which the displaced players run around the room and take the vacant seats in the rear; and if the command be, "Change backward," the displaced pupils run around and take the front row of seats. The sport of the game consists in rapid changes and unexpected variations in the orders given by the teacher.

Tag the Wall Relay.

10 to 60 players.

Schoolroom.

The players should all be seated, an even number in each row of seats. At a signal the last player in each line runs forward and tags the front wall. As soon as this player is out of the aisle the others all move back one seat. This leaves the front seat vacant and the runner having touched the wall returns immediately and takes this vacant front seat. As the player sits he raises his hand, which is the signal for the player who is now the last one in the

line to run forward, the line moving backward as soon as he is out of the aisle, and he in turn having touched the wall takes the vacant front seat. The play is continued in this way until everyone in the row has run. The line wins whose player sitting at the start in the front seat has returned to his seat first.

Numbers Change.

10 to 30 or more players.

Schoolroom.

Two players are selected as chasers and take their places in the front of the room. All the other players are seated, having been numbered. The teacher calls out two numbers, when the players bearing those numbers must rise at once and change seats, the two chasers trying to catch them before they get to their seats. It is not permissible for the chaser to take a vacant seat. He must catch the player who is running for it. No player having once left his own seat may return to it but must keep up the chase until he is caught or reaches the seat for which he is running. This game gives opportunity for lively chasing, with good running and dodging up and down the aisles.

Circle Seat Relay.

10 to 60 players.

Schoolroom.

This game starts with the players all seated in alternate rows, and with an even number in each row. At a signal the last player in each row runs forward on the right hand side of his seat, runs around the front desk and returns on the left hand side of his own row. As soon as he is seated he touches the player next in front on the shoulder, which is the signal for this one to start. He runs in the same way. This is continued until the last player, who in this case is the one sitting in the front seat, has circled his desk and seated himself with his hand upraised. The line whose front player first does this wins. This is one of the best running games for the school room, and as in all such games, seated pupils should strictly observe the rule of keeping their feet out of the aisle and under the desks.

Hide the Thimble.

5 to 60 players.

Schoolroom. A game for very small children.

One player is sent from the room and while absent one of those remaining hides a thimble, a cork, or some small object which has been previously shown to the absent one. When the object is hidden the absent player is recalled and proceeds to hunt for the object. While he is doing this the others sing or clap their hands, the sound being very soft and low when the hunter is far away from the object and growing louder as he approaches it. While piano music is desir-

able, singing is found to be more interesting for all, and often more practicable. For very little children hand clapping is pleasing and sometimes more easily used than singing.

Huckle.

5 to 60 players.

Schoolroom.

This game is a form of hide the thimble. A thimble, cork, ring or other small object may be used for hiding. All of the players leave the room save one, who places the object in plain sight but where it would not be likely to be seen at once, as on top of a picture frame, in a corner of the floor, etc. It may be placed behind any other object so long as it may be seen there without moving that object. This hiding will be especially successful if some hiding place can be found near the color of the object. When the object has been placed the players are called into the room and all begin to look for it. When one spies it he does not at once disclose this fact to the others, but quietly takes his seat and when seated says, "huckle, huckle," or any other word that the teacher designates, which indicates that he knows where the object is. The game keeps on until all the players have located the object or until the teacher or leader calls the hunt closed. The first one to find the object hides it for the next game.

METHOD OF CHOOSING SIDES FOR FOREGOING GAMES.

The simplest way of choosing sides is to line the entire group of players up and then count twos, letting all the number ones form one team and all the number twos form the other. Another method is to appoint two captains and let them choose players in turn until all have been chosen, the choice being made alternately one at a time.

Don't make the games too serious. Get laughter and frolic out of them.

Each play-ground leader or teacher should be provided with a whistle. This saves a great deal of strain on the voice and should be understood at the outset to command instant quiet, all play to be suspended when it is heard. The best play goes with the best discipline.

Encourage timid pupils to give dares and take risks. See that the selfish or most capable children do not have the lion's share of play.

The training that comes through games, the development of will, courage, initiative, self-reliance, etc., will be found extremely valuable if the teacher sees that the most back-

ward child as well as the most precocious is given a fair opportunity.

The above list of games is more in the nature of a suggestive selection than a comprehensive collection and the teacher should feel free to add any other appropriate games not included.

Before attempting to teach any game the teacher should learn the game thoroughly himself in order to instil confidence in both teacher and pupils.

ATHLETIC BADGE COMPETITION.

It often happens that boys are not interested in athletics and physical training because they feel there is nothing that they can do to make a record. It has been found that when a boy has accomplished some feat, however simple, he immediately becomes an enthusiast. To secure this desired interest on the part of all the boys, it is suggested that arrangements be made within the province to furnish emblems for those who are able to qualify in certain prescribed tests. For classification, a color system has been determined upon, using the three colors, red, white, and blue for the three classes of competitors that are herein described. The emblem may take the form of a button or badge, or a simple ribbon. In fact, the significance rests entirely in the color, and boys should understand that before they are entitled to wear the color of a certain class they must perform under proper direction the several feats provided for that class. The lowest class of this system, and the one which pupils within the age limit must undertake first, is to be known by the color red. The second class is to be known by white, and the third class, which is the highest in the series, by blue. For this purpose the following scheme is outlined:

A red button or badge will be given to each school boy under 13 years of age who is able to make all of the following records:

- 60-yard dash in 9 seconds;
- Pull-up (chinning on bar) 4 times;
- Standing broad jump, 5 feet 9 inches.

A white emblem is given to any boy under 18 years of age who can do the following:

100-yard dash in 14 seconds;
Pull-up (chinning on bar) 8 times;
Standing broad jump, 7 feet 6 inches.

A blue trophy is awarded to any boy who can accomplish all of the following feats:

220-yard dash in 28 seconds;
Pull-up (chinning on bar) 12 times;
Running high jump, 4 feet 6 inches.

In athletic color competitions, the schoolboy's age at the opening of school in June shall be his athletic age during that school year.

Chinning: The boy shall extend himself to his full length before and after each pull-up, and shall be obliged to raise his body without a kick, snap, jerk, or swing, to such a height as to bring his chin over the bar.

Jumping: The rules of the A. A. U., as noted in a later chapter shall govern this test; except that, as there is no real contest, i. e., there is no striving for first, second and third places, the finals shall be dispensed with.

Running: The rules of the A. A. U. shall also govern running.

The following order of events is suggested:

CHINNING.
JUMPING.
RUNNING.

The first two events can in most cases be tried out at the schools, thus leaving the smallest possible number of boys to take the third test of running, which must of necessity be held on some level track properly measured off.

No boy shall be admitted into any contest who has not received a satisfactory grade for the month previous in conduct and studies, the principal of the school to be the sole judge in this matter.

In the running test it is very desirable that the supervising teacher act as timekeeper, or in case this is not possible, that some teacher well qualified to keep time be appointed for the purpose.

Duplicate lists of the successful competitors should be made out, one copy to be forwarded to the division superintendent and the other to be placed on file in the school.

Athletic color competitions shall take place not oftener than twice each semester, the dates to be determined by the division superintendent.

The buttons or badges should be purchased with local funds provided for that purpose. It is best that they be not made in the schools as this would detract from their value and significance.

SIMPLE APPARATUS FOR SCHOOL PLAY GROUNDS.

The equipment of the school play ground will depend almost entirely on the teacher and his immediate superiors. Only a very little money is needed and it may be raised in various ways. The making of the apparatus described affords an excellent opportunity for the students of manual training classes to demonstrate the practical value of what they have learned.

The woodwork of playground apparatus, except where otherwise specified, should be covered with two coats of good outdoor paint. Parts under ground will last much longer if coated with tar.

STANDARDS FOR HIGH JUMP.

These consist of two two-by-twos, seven feet long, in which $\frac{5}{16}$ inch holes are bored one above the other, one inch apart; in these holes wooden pegs are fitted to support the cross bar. The uprights are supported by a frame, made by crossing two two-by-fours, 18 inches long, with a center-lap joint, and with braces from the four ends to the standard.

As a make-shift substitute, the standards may be sharpened at one end and driven into the ground far enough to hold them in place temporarily.

A bamboo pole may be used for a crossbar. The height should be measured to the center of the crossbar with a tape measure.

HORIZONTAL BAR.

Aside from its use in chinning (pull-up), the horizontal bar affords opportunity for a wide variety of "stunts" by the older boys.

Two posts of well-seasoned wood $12\frac{1}{2}$ feet long and 4 by 6 inches in cross section, are set in concrete 4 feet in the ground and 6 feet apart.

A 1-inch galvanized-iron pipe from which all roughness and sharp edges have been removed will answer as a cross-bar. This is fitted into holes bored at a convenient height in the posts. To hold the bar in place and prevent it from turning, pass an iron pin through a hole bored near one end of the bar and at right angles to its length and a corresponding hole in the post into which that end is fitted. The apparatus can be made adjustable by boring holes for the bar at different heights.

Substitutes for the horizontal bar may be improvised in a number of ways, of which the following are suggested:

At the proper height for chinning, fasten a bracket on each side of a doorway. On these place a bar with flattened ends. A piece of bamboo, if strong enough, will answer the purpose. The crossbar is of course removed when not in use.

Lean a ladder with rather long rungs at a suitable angle against the outer wall of a building. An advantage of this arrangement is its adaptability to the various heights of the boys practising chinning. It also provides opportunity for other feats such as going up the ladder hand over hand.

SWINGS.

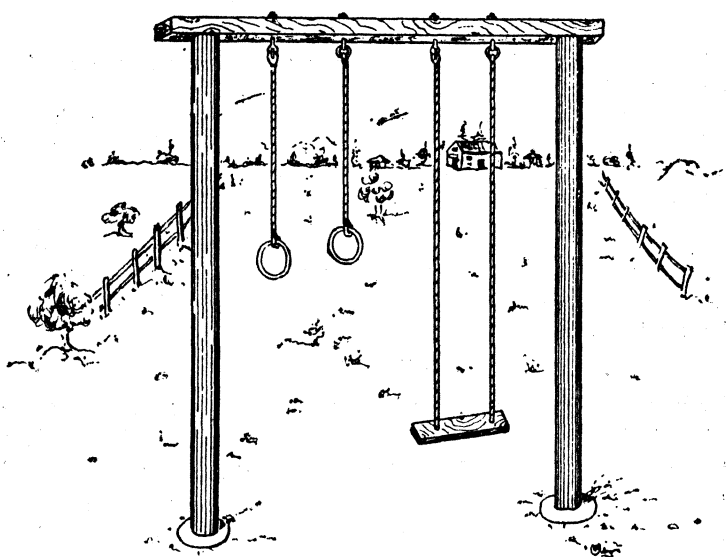
Swings are greatly enjoyed by the children and can be constructed with little expense. Where horizontal branches of trees at the proper height are available only ropes and seat-boards need be provided. On most school grounds, however, it will be necessary to make a frame of which a suggested construction follows.

For a two-swing frame use two 16-foot posts about 10 inches in diameter. These are to be set in concrete 4 feet in the ground and about 12 feet apart. Smaller timbers may be used if properly braced. Across the top securely fasten a 4 x 6 timber. For each swing pass through this cross-piece and hold in place with nuts two eyebolts 18 inches apart. The bolts are located so that the distances from swing to swing and from swing to post are equal. This will be about 3 feet. In order that the swing rope may easily be removed and replaced, the bolt-eye should

have an opening at the top, making a hook rather than an eye. Each end of a $\frac{3}{4}$ -inch Manila rope is attached to a link which in turn fits into the hook of the eyebolt.

Seat-boards should be 10 inches wide and about 2 feet long and the rope should be of such length that the boards come about two feet above the ground. The rope should pass through holes in the board.

In place of one of the swings, "flying rings" might be substituted.



Swing and flying rings.

The rings should be about 9 inches in diameter (outside measurement) and should be made of $\frac{7}{8}$ -inch round bar steel. They should be very smooth.

SEESAWS.

The boards should be straight-grained and free from knots. They should be 10 to 11 inches wide, about 2 inches thick, and 14 feet long; dressed and smoothed on all sides and with all edges and ends rounded; finished by

several applications of boiled linseed oil. To prevent splintering, cross-pieces should be nailed on the under side near the ends.

A four-by-four, 10 feet long, is supported by two-by-fours, 28 inches long, nailed on and braced by cross boards, so that the top of the four-by-four is two feet above the ground. On this is laid a two-by-four of equal length. This is beveled on the upper edges below where the boards are to be attached. It is held in place by six $\frac{3}{4}$ -inch eyebolts, 9 inches long, so located that they will come in pairs under the boards. Under each bolt-eye is a cast-iron washer

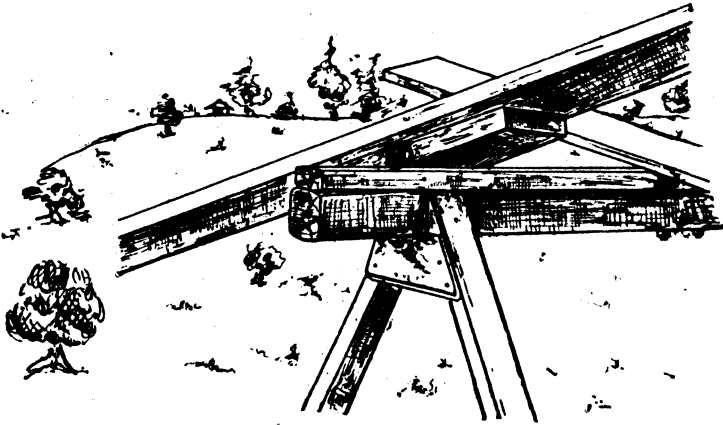


Diagram of seesaw.

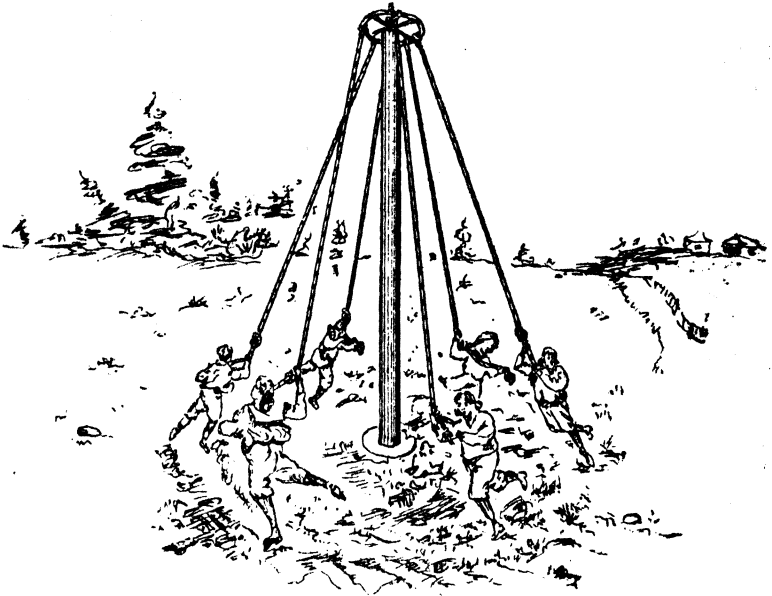
one-half inch thick (or a number of thinner ones). Onto the under side of the middle of each board two two-by-four strips, 2 feet long, are nailed parallel to each other and the edges of the boards, and $1\frac{3}{4}$ inches from the outer edges. The eyebolts must be placed so that the eyes come just outside these strips. Through the middle of the strips a hole is bored so as to come opposite the bolt-eyes when the board is in place. Through this hole and the bolt-eyes a $\frac{3}{4}$ -inch bolt is passed and secured by means of a nut. This bolt is of such a length that it does not project beyond the edges of the board.

For a two-board seesaw (which will answer for most schools), the frame should be about 7 feet long.

It will probably be necessary to have a blacksmith make the eyebolts.

GIANT STRIDES.

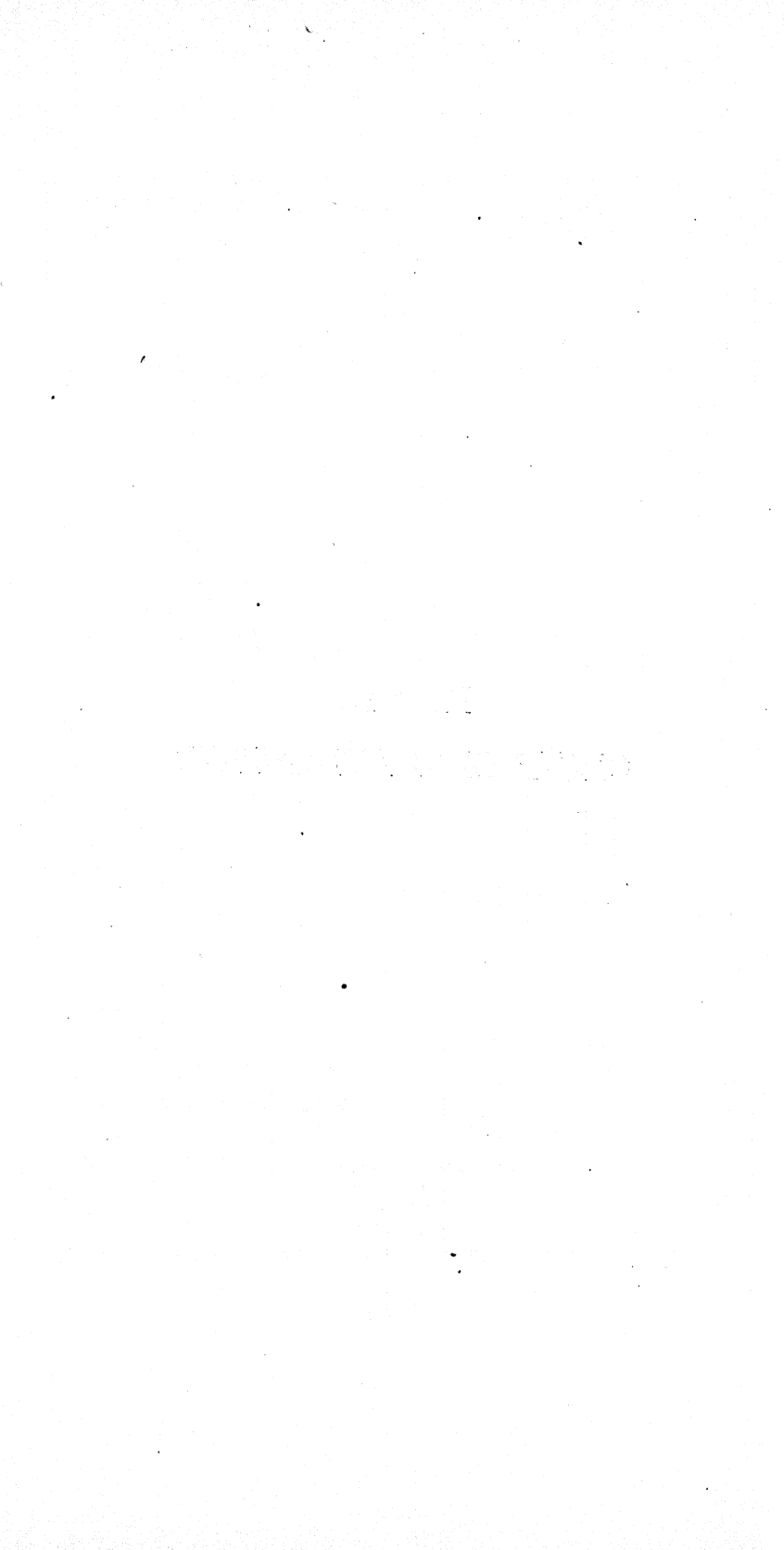
The giant stride is a good substitute for the merry-go-round, which is so popular with children. The top of the



Giant stride.

post should be twelve feet or more above the ground. It should be set in concrete four feet or more in the ground, and should rest on a large flat stone or a base of concrete. The ropes (six in number) may be attached to an iron or wooden wheel which revolves about an iron peg driven into the top of the post. They should when hanging reach within a few inches of the ground. At the free ends there should be knots or loops for the children to take hold of.

PART II.
ORGANIZED ATHLETICS.



PART II—ORGANIZED ATHLETICS.

HISTORY OF SCHOOL ATHLETICS IN THE PHILIPPINES.

Baseball and other forms of athletics had their origin in the games and contests among the soldiers in the early days of the American occupation. From the first, the Filipinos took some interest in these sports, but for a long time showed very little desire to participate in them. It was not until the teachers of the public schools took up athletics that the Filipinos became truly interested. At first it was uphill work. The people had not been accustomed to strenuous sports and could see no particular reason why they should tire themselves out in such games when diversions of a less fatiguing nature were at hand. It was not until the rivalry between towns and provinces was stirred up that a deep and general interest in every form of sport was developed. Baseball, of course, came first, for there was something in it that appealed to the theatrical instinct. It was not long, however, before track and field athletics began to engage the attention of the people everywhere, and in certain districts these at least divided interest with baseball.

Basket ball is comparatively recent in the Islands, and except in the Visayan provinces it has not received much attention from the boys. There was, too, considerable feeling against permitting girls to engage in this game, but this opposition is rapidly disappearing.

These sports have always had the moral support of those in authority, but their promotion has been due almost entirely to the personal initiative of certain teachers of the Bureau of Education. It has been less than three years since the Government began to give any financial support to school athletics. However, as early as 1905 athletics

had received substantial encouragement from the Honorable W. Cameron Forbes, later Governor-General of the Philippines, who in that year offered a baseball outfit to the school in each division which showed the greatest progress in beautifying its school grounds. In the following year he offered a set of tennis equipment to the school in each province which had made the most improvement along these lines during the first six months of the school year 1906-7. Again, in 1909-10, a baseball outfit was offered to each province under similar conditions. In 1910 a basket ball outfit was offered to the school in each division winning the greatest number of games in a provincial baseball series. In the contests arranged as a result of this offer, 483 teams participated and 1,202 games were played.

In 1909 the Bureau of Education adopted the policy of considering the time and traveling expenses of certain teachers authorized to attend athletic meets as official. It has not been found possible, however, for the Bureau to assume all of the expenses incident to the holding of athletic contests. Much must be left to local initiative. In many cases the provinces have responded very liberally, and the rest has been left to the generosity of individuals. In the general meets which are held during the Philippine Carnival, the Government has borne the transportation expenses of the competing teams.

The history of the development of school athletics in the Philippines is for the most part a history of the various athletic associations.

THE SOUTHERN LUZON ATHLETIC ASSOCIATION.

The oldest athletic association now in existence is the Southern Luzon Athletic Association which originally included the Provinces of Albay and Sorsogon and the sub-province of Masbate. This was organized as a baseball association in 1904. The first meet was held at Sorsogon April 6 to 8, 1905, and resulted in a victory for Albay. Track and field sports were first introduced in 1906, in which year the meet was held at Sorsogon, the champion-

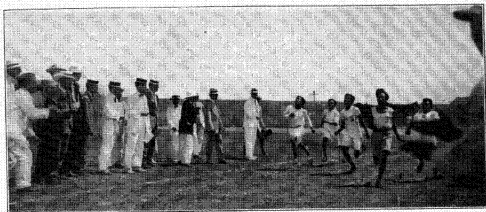


Photo by E. S. Brown.

FINISH OF 50-YARD DASH, CARNIVAL, 1911.

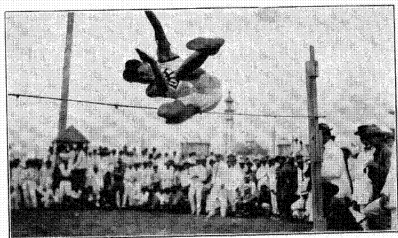


Photo by E. S. Brown.

GARAY OF BOHOL WINNING THE HIGH JUMP,
CARNIVAL, 1911.

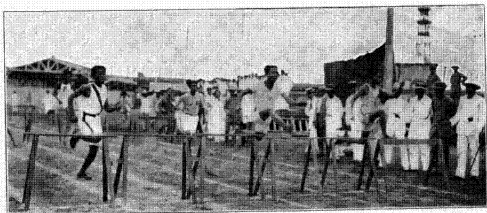


Photo by E. S. Brown.

FINISH OF HURDLES, CARNIVAL, 1911.

ship being won by Masbate in both baseball and track and field events.

In 1907 the Province of Ambos Camarines entered as a member of this association. The meet this year was held in the town of Albay, the division of Albay winning all the events. At this time there was also a declamation contest, and the result of the Bicol contest in English Composition was announced.

In 1908 a meet was held in Nueva Caceres, resulting in a victory for Camarines in track athletics and for Albay in baseball. In connection with this meet was held a general provincial and school exhibit of industrial work. This industrial exhibit has become a permanent feature of the Bicol meets.

Only three teams took part in the meet held at Sorsogon in 1909, the subprovince of Masbate being merged with the division of Sorsogon. Camarines carried off all the honors of this meet.

This feat was duplicated by Camarines in the meet of 1910 held at Albay.

The meet of 1911 held at Nueva Caceres resulted in a three-cornered tie in baseball, and a victory for Albay in track and field events.

Two trophies are competed for in this association: A baseball cup donated by Justice Grant T. Trent and others; and an athletic cup given by the American Hardware and Plumbing Company.

THE CENTRAL LUZON ATHLETIC ASSOCIATION.

This association of the Provinces of Bulacan, Pampanga, Tarlac, and Nueva Ecija, was organized in 1907. The first meet was held at Malolos in February, 1908; the second at Malolos in 1909; the third at Tarlac in 1910; and the fourth at San Isidro in 1911. The winners were as follows:

| Year. | Baseball. | Track and field. |
|-------|-------------|------------------|
| 1908. | Nueva Ecija | Bulacan. |
| 1909. | Tarlac | Tarlac. |
| 1910. | Nueva Ecija | Bulacan. |
| 1911. | Nueva Ecija | Nueva Ecija. |

MANILA INTERSCHOLASTIC ATHLETIC ASSOCIATION.

During the school years 1903-4 and 1904-5 there were baseball teams at the Philippine Normal School, the Philippine School of Arts and Trades, the Cavite High School, and the Liceo de Manila. These teams played together, but not as members of an association.

On March 29, 1905, the Philippine Normal School defeated the Liceo for the cup offered by the Renacimiento.

In 1905-6 an organization was formed including teams from the Philippine School of Arts and Trades, the Philippine Normal School, Cavite High School, Tondo Intermediate School (then called the Tondo Secondary School), Santa Cruz Intermediate School, and the Philippine School of Commerce. The Santa Cruz school team dropped out after losing one game to the Tondo School. The cup offered by Professor Wood of the Groton School, at Groton, Mass., for this series was won by the Philippine School of Arts and Trades. The Liceo de Manila was refused admission to this organization, since the trophy was offered exclusively for public school athletics.

Following this, however, Governor Osorio of Cavite offered a championship cup for all comers, and a series was arranged between the Philippine School of Arts and Trades and the Liceo teams, the former school winning.

In 1906-7 an association was formed including the Philippine School of Arts and Trades, the Philippine Normal School, the Philippine School of Commerce, Cavite High School, Manila High School, and the American School. A cup had been offered by the Groton School to the team winning the championship the largest number of times in seven seasons of play. The Philippine School of Arts and Trades won the championship in this year's series. During the Christmas vacation of the same year a series was played between the Philippine School of Arts and Trades, the Liceo, Batangas High School, and Tarlac High School. Batangas won all of its games, defeating the Philippine School of Arts and Trades in a sensational game, score 1 to 0. On Rizal Day, the Philippine School of Arts and

Trades turned the tables on Batangas High School. At the close of this season there was no doubt that these two teams were the best school teams in the Philippines.

The association, during the school year of 1907-8, was composed of teams from the Philippine School of Arts and Trades, Manila High School, Cavite High School, the American School, and the Philippine School of Commerce. The contests resulted in a tie between Cavite High School, Manila High School, and the Philippine School of Arts and Trades. In the post-season series to settle the tie, only two games of the six arranged were played, both being won by Cavite High School. The series was never finished, and the award of the Groton Cup for this year was not made. A series was played later between the Philippine School of Arts and Trades, Manila High School, the Bureau of Printing, and the American Hardware and Plumbing Company, Manila High School winning all of its games. During this year Cavite High School, Manila High School, the Philippine School of Arts and Trades, and the Bureau of Printing played many interesting games with the American teams, and made a very creditable showing.

In 1908-9 no regular series of games was played. However, there were a number of games between the teams composing the old association. The Philippine School of Arts and Trades developed the best school team of the year.

In 1909 the old association was reorganized under the name of the Manila Interscholastic Athletic Association which consisted of two leagues, the Junior and the Senior. The members of the Senior League were Manila High School, Philippine Normal School, Philippine School of Arts and Trades, and Bureau of Printing, which was admitted for the season. Manila High School won the championship of this series. The Junior League members were the Provincial High School of Rizal, Tondo Intermediate School, the Philippine School of Commerce, and a second team from Manila High School. This series also was won by Manila High School. An athletic meet held under the auspices of this association resulted in the third victory of the season for Manila High School.

In 1910, the Senior League consisted of Manila High School, the Philippine School of Arts and Trades, the Philippine School of Commerce, and the Philippine Normal School. The Junior League consisted of Tondo, Paco, and Sampaloc Intermediate Schools, and Rizal High School. The Junior League baseball championship was won by Tondo Intermediate School, and the baseball and track and field championships in the Senior League by Manila High School.

Another reorganization was effected for the season of 1911-12. The Junior League was dropped out, leaving the association composed of the Division of Manila, the Philippine School of Arts and Trades, and the Philippine Normal School, a team from the University of the Philippines being admitted to the baseball series.

THE VISAYAN INTERSCHOLASTIC ATHLETIC ASSOCIATION.

In the Visayas the first important step toward the organization of athletics was a meet held in Cebu in January, 1909, between the Cebu High School and Silliman Institute, Cebu winning. Later in the year another dual meet was held at Dumaguete between the same teams with the same result. At about the same time the division superintendent of schools for Iloilo took steps looking toward the organization of a permanent association. An interprovincial meet including the provinces of Occidental Negros, Capiz, and Iloilo was suggested. As a result of this a baseball meet was held at Iloilo February 12, 1909, and a track and field meet at Bacolod February 22, 1909. The former was won by Iloilo, and the latter by Occidental Negros.

During the division superintendents' convention held in November, 1909, a committee of division superintendents representing the Visayan provinces took preliminary steps toward organizing an athletic association. The first meet was held in January, 1910, and the Provinces of Samar, Leyte, Misamis, Surigao, Bohol, Cebu, Occidental Negros, Oriental Negros, Iloilo, and Capiz were represented; Silliman Institute was also a competitor. Cebu carried away the honors in baseball and track and field sports.

The second meet of the Visayan association was held during the Christmas holidays, 1910, all members being represented except Samar, Misamis, and Surigao. Cebu was again victorious, winning both the baseball and the track and field championships. Iloilo won second place in baseball, and Leyte and Bohol took second and third places in track and field.

The Visayan Association was represented by several strong teams in the Carnival meets of 1910 and 1911. In the former, Cebu won both the baseball and the athletic championships.

THE ILOCANO INTERSCHOLASTIC ATHLETIC ASSOCIATION.

This association was organized in 1910, including the Provinces of Ilocos Sur, Ilocos Norte, Union, and the sub-province of Abra.

The first meet was held in the town of Laoag, Ilocos Norte, January 2 to 4, 1911, Ilocos Norte winning in track and field, and Union in baseball.

THE SOUTHERN TAGALOG ATHLETIC ASSOCIATION.

In 1910 an association was formed by the Tagalog Provinces of Bataan, Rizal, Laguna, Tayabas, Cavite, and Batangas. Bataan and Batangas did not enter the first meet which was held at Santa Cruz, Laguna March 2 to 7, 1911. At this meet Cavite was victorious in baseball and Laguna in track and field events.

ATHLETICS IN THE CAGAYAN VALLEY.

No regular association has been formed between the provinces of Cagayan and Isabela, but there have been interesting games and contests between the two divisions, as well as considerable local activity.

ATHLETICS IN THE MOUNTAIN PROVINCE.

During the latter part of March and the first part of April, 1911, an extraordinary athletic meet took place at Teachers' Camp, Baguio, Benguet. Six hundred school children were present, representing five different Igorot

tribes from all parts of the Mountain Province. This meet was the first of its kind, and in conjunction with it was an exhibit of industrial work from schools in the division.

THE CARNIVAL MEETS.

In 1908 teams from all over the Islands were invited to compete in the Philippine Interscholastic meet at the Carnival. Manila High School, the Philippine School of Arts and Trades, the Philippine Normal School, the Philippine School of Commerce and the divisions of Bulacan and Tarlac were represented. The meet was won by Manila High School.

No Carnival meet was held in 1909, neither was there any general interscholastic meet.

In 1910 the following associations were represented: The Visayan Interscholastic Association, The Southern Luzon Association, The Manila Interscholastic Association, The Central Luzon Association. The Cebu provincial team carried away the honors in both baseball and track and field.

In 1911, besides the associations represented in 1910, teams from the Ilocano Association and the Southern Tagalog Association took part. Cebu had the winning track team, while the baseball championship was won by the Philippine School of Arts and Trades. This Carnival also witnessed the introduction of girls' basket-ball as a feature. Five teams entered, and Tondo Intermediate School of Manila won the cup.

GENERAL SYSTEM OF ORGANIZATION.

The general plan of organization for school athletics may be outlined as follows:

(1) The Director of Education, as the head of the Bureau, has direct control over the physical training of school pupils, and over the games and sports of school life. The general system to be followed, the rules which govern meets of an interprovincial or general character, and the requirements which must be met before a meet and its records shall be recognized as official shall proceed from the General Office.

(2) The management of school athletics shall be handled through the division superintendents.

(3) The Director may appoint an advisory board to which certain questions may be submitted in his discretion for study, criticism and recommendation. The advisory board will be made up of division superintendents, teachers, and others who may be specially qualified to advise in athletic matters.

(4) The following school organizations are recognized by the Bureau of Education:

An athletic club is an organization within a school.

An athletic union is an organization within a school district.

An athletic league is the provincial athletic organization.

An athletic association is inter-provincial in character.

The names of those bodies which already exist should conform to this classification, and new organizations should be named accordingly. The plan at once suggests itself that a club may be composed of several groups within a school; a union of several school clubs; the league of a

number of unions; and the association of the several leagues within its territory.

(5) In view of the fact that the club is within a single school, it is believed that the pupils may be given a considerable portion of the actual management themselves under proper direction. The immediate head of a union would be the supervising teacher, and he should be charged with its management. In the division, the superintendent is the controlling officer in the athletic league. Several suggestions are offered for the management of inter-provincial athletic associations: Officers may be elected; may be determined upon by an arrangement whereby the superintendent of the winning division becomes the managing officer; or by other methods.

(6) Constitutions for such athletic groups are taken up in more detail in another section of this handbook. There should in all cases be some written constitution, and its provisions should be given due publicity. For a club, the constitution should have the approval of the supervising teacher or principal, in the discretion of the division superintendent. For the athletic union, the constitution must be approved by the supervising teacher or the division superintendent, as the latter may elect. The constitution determined upon for a division league should bear the approval of the division superintendent. In the case of inter-provincial associations, the constitution should be forwarded to the Director of Education, and should receive his sanction before becoming operative. Appeals from the decisions of officers in these athletic bodies should be made in proper form to the next higher authority, through those officers.

(7) The details of organization and the conduct and management of meets will be left to the proper officers of the athletic bodies. Such bodies must, nevertheless, conform with the requirements laid down elsewhere in this handbook, and to receive official recognition meets must be held and records made according to its provisions.

(8) The athletic meet which is held annually in connection with the Philippine Carnival, and all other general athletic meets which are open to teams from all sections,

shall be managed directly from the General Office by the Director of Education or his authorized representatives. In the case of the Carnival meet, the Director will treat with the Carnival Athletic Committee. Additional statements on eligibility, entries, etc., for the Carnival meet are found elsewhere in this handbook.

(9) The Bureau of Education recognizes all wholesome sports as desirable elements of school athletics. Such games as baseball, basket ball, volley ball, tennis, and the usual track and field events are particularly emphasized in this manual.

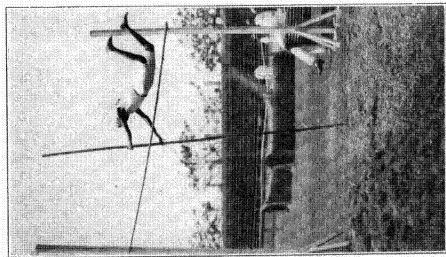
ATHLETICS WITHIN DIVISIONS.

The manner of organizing and controlling athletics within divisions will be left to the discretion of division superintendents, except in so far as restricted by the provisions of this manual.

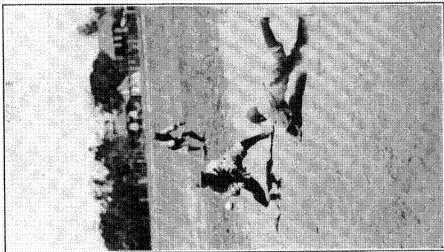
The division superintendent, in his discretion, may organize a general provincial athletic league. In case such organization is formed, care should be taken not to make it too unwieldy for effective work. Athletic unions may also be formed, in the discretion of the division superintendent, in the supervising districts. It will probably be found very advantageous to organize athletic clubs in certain schools.

Whatever may be the organization determined upon, the division superintendent should lay down very definite laws as to the conduct of provincial and inter-district meets. It has been found that misunderstandings usually arise in these meets because of failure to decide definitely upon rules in advance. Whenever the baseball field is not of regulation size, or where there is a tree or anything else that may interfere with the play, ground rules should be determined upon before the games begin. If ground rules are not adopted, it will in every case be understood that none are in force. The agreement between the two managers as to ground rules should be made in the presence of the umpire. Visiting teams very often have good cause for complaint because of failure of home teams to properly police the grounds. Division superintendents should insist that, whenever a game is played, every effort be made to keep the crowd back of the lines; and where this cannot be done, and the game is interfered with, the umpire should suspend play until the crowd has been put back.

As in inter-provincial meets, the matter of entertainment



GOOD FORM—A POLE VAULT AT THE
CARNIVAL OF 1911.



OUT AT SECOND.



PUTTING THE SHOT, CEBU, 1911.

should be decided definitely in advance in cases of provincial or inter-district meets.

A form of constitution for school athletic clubs is published herein. This constitution is only in the nature of a suggestion and its adoption is not required by the Bureau of Education. This particular constitution has been framed for a provincial high school. In primary schools and certain intermediate schools it is probable that the words "supervising teacher" should be substituted wherever "principal" appears.

CONSTITUTION OF THE ATHLETIC CLUB OF THE LAOAG HIGH SCHOOL.

ARTICLE I.—*Name.*

This organization shall be known as the ATHLETIC CLUB OF THE LAOAG HIGH SCHOOL, Laoag, Ilocos Norte, P. I.

ARTICLE II.—*Object.*

The object of this club shall be to promote and direct athletics among the pupils of this school.

ARTICLE III.—*Membership.*

SECTION 1. The members of this club shall be those teachers and pupils who agree to work for the honor of the school in this direction.

SEC. 2. Any public-spirited citizen interested in the development of athletics in this school may be elected to membership.

ARTICLE IV.—*Officers, election and duties.*

SECTION 1. The officers of this club shall be a president, vice-president, secretary, treasurer, and assistant treasurer.

SEC. 2. Officers shall be elected annually, during the Christmas holidays.

SEC. 3. The regular duties of officers, as stated in Roberts' Rules of Order, shall be recognized in this club.

SEC. 4. The treasurer shall be a member of the faculty of the school.

SEC. 5. The principal of the school shall have absolute veto power in all matters pertaining to the club.

ARTICLE V.—*Committees.*

SECTION 1. There shall be two regular committees known as the Executive Committee and the Games Committee.

SEC. 2. The Executive Committee shall consist of the regular officers and one representative from each of the four upper grades.

SEC. 3. The Games Committee shall have charge of all athletic competitions.

ARTICLE VI.—*Conduct of members.*

Any member doing that which will bring discredit upon the school should be reported to higher authority for reprimand or other disciplinary action. All things that are dishonest or discourteous are accounted as detrimental.

ARTICLE VII.—*Amendments.*

This constitution may be amended by a two-thirds vote of the members present at any regular meeting, provided such amendment shall have been approved by the principal of the school.

INTER-PROVINCIAL ORGANIZATIONS.

Each inter-provincial athletic association must be organized under a written constitution, approved by the Director of Education.

The rules of eligibility laid down in any constitution must be altered from time to time to conform to any changes of regulations hereafter to be published by the Director of Education.

Each inter-provincial association shall determine its own order of events. It would be desirable to have the order of events conform with that of the Carnival meet, but this will not be required. The hammer and discus throws, and the baseball throw should not be practiced.

The constitution and by-laws of the Southern Luzon Athletic Association are included in this bulletin for the purpose of suggestion only. It has been found that this constitution has worked out admirably, but a number of changes would probably have to be made for any other association, depending upon local conditions. It might possibly be desirable to elect the officers of the association instead of having their selection determined by the results of the athletic contests. In the Southern Luzon Athletic Association it has been the general practice for the home team to pay all the traveling expenses of visitors from the time such teams reach the border of the province, and to furnish entertainment free during the continuance of the meet. It will probably be found that in large associations such a procedure would throw too great a burden upon the home team, and it might be advisable to require each team to pay its own expenses. Whatever conclusion may be reached, the matter should be definitely decided in advance. The dues in this association are collected to cover the cost of stationery, postage, medals, etc. All of the expenses incident to the meet itself are borne by the home province.

CONSTITUTION AND BY-LAWS—SOUTHERN LUZON ATHLETIC ASSOCIATION.

CONSTITUTION.

ARTICLE I.—*Name.*

This association shall be known as the SOUTHERN LUZON ATHLETIC ASSOCIATION.

ARTICLE II.—*Object.*

The object of this association shall be the control and development of amateur track and field sports among the public schools of the provinces of southern Luzon.

ARTICLE III.—*Officers.*

SECTION 1. The officers of this association shall be the president, vice-president, and secretary-treasurer, who shall constitute the executive board.

SEC. 2. The president shall be the division superintendent, or some teacher designated by the division superintendent, of the province which scores the highest number of points at the championship meet of the year immediately preceding his term of office.

SEC. 3. The vice-president of the association shall be the division superintendent, or some teacher designated by the division superintendent, of the province which scores the second highest number of points at the championship meet immediately preceding his term of office.

SEC. 4. The secretary-treasurer shall be the division superintendent or some teacher designated by the division superintendent of the province which scores the third highest number of points at the championship meet immediately preceding his term of office.

SEC. 5. It is provided, however, that the division superintendent of Sorsogon shall not hold two offices. Should Masbate and Sorsogon both win places he shall hold the office to which the higher score entitles him and the lowest province shall hold the office of secretary-treasurer.

SEC. 6. At meetings of the Executive Board each province may be represented by two additional teachers designated by the division superintendent of the province for

the purpose of discussion only. Each province shall have one vote and that shall be cast by the division superintendent or some teacher whom he may designate.

ARTICLE IV.—*Championship meet.*

The annual championship meet shall be held as arranged by the executive board. In case the board is unable to decide upon time and place at its annual meeting, a vote shall be taken by mail August 1 succeeding the last meet. After a decision is once made it shall be changed only by a unanimous vote of the executive board.

ARTICLE V.—*Business meetings.*

SECTION 1. The annual business meetings of the executive board shall be held in the city where the annual championship meet is held on the evening before the meet.

SEC. 2. Dates and places for holding other business meetings of the Board may be arranged by a unanimous vote of the board except during the annual championship meet or the annual meeting of the division superintendents in Manila when all are present in person or by representative when a majority vote shall be sufficient to call such meeting.

ARTICLE VI.—*Membership.*

SECTION 1. The term "member" in this constitution is construed to mean the Provinces of Albay, Camarines, and Sorsogon. The membership of Sorsogon also carries with it the privilege of being represented by track and baseball teams from the subprovince of Masbate: *Provided, however,* That when Masbate is so represented the Sorsogon team shall consist only of pupils of the Province of Sorsogon proper and the Masbate team shall consist only of pupils from Masbate.

SEC. 2. Other members may be admitted to this association by unanimous vote of the executive board: *Provided, however,* That the applicant is a province.

ARTICLE VII.—*Dues.*

The annual dues of each member shall be ₱15, which must be paid before entries can be accepted.

ARTICLE VIII.—*Suspensions and expulsions.*

Members may be suspended or expelled from this association only by the Director of Education after full report and investigation.

ARTICLE IX.—*Amendments.*

No addition, alteration, or amendment shall be made to this constitution or to the rules and by-laws except by a unanimous vote of the executive board.

BY-LAWS.

ARTICLE I.—*Duties of officers.*

SECTION 1. The duties of officers of this association shall be similar to those usually discharged by officers of similar associations.

SEC. 2. The executive board shall have entire charge and direction of all athletic meets of the association and shall have the power to determine the manner of hearing and ruling upon protests. It shall also have the power to levy a special assessment not exceeding ₱20 for any one year.

ARTICLE II.—*Entries and protests.*

SECTION 1. Entries for the championship meet shall close the day preceeding the meet and must be in the hands of the secretary-treasurer by 4 o'clock of that afternoon. As soon as possible a list of entries should be furnished the members of the executive board.

SEC. 2. Protests must be made and decided upon at the annual business meeting.

SEC. 3. No member shall enter more than nine men or start more than three men in any event at the championship meet except in baseball and relay races.

ARTICLE III.—*Vote by mail or telegraph.*

The secretary-treasurer shall upon the written request of any member of the board submit any motion to a mail vote or vote by telegraph. The vote shall be registered and after the expiration of eight weeks from the date of mailing the

vote any vote not already received shall be counted in the negative. Within one week after receiving the vote the secretary-treasurer shall notify the members of the result of the vote.

ARTICLE IV.—*Gate receipts.*

In case gate-receipts or other moneys are taken in as a result of the games at the championship meet the net profits shall be equally divided among the competing members of the association: *Provided, however,* That Masbate, when represented, shall count as a member for this purpose.

RULES FOR AWARDING TROPHIES.

RULE 1. The trophies shall be competed for annually at the championship meet and each trophy shall remain in the possession of the winning province for one year.

RULE 2. The following method of counting points in deciding the winning province shall be adopted:

In each event, baseball excepted, first place shall count five, second place three, and third place one point. Baseball shall have the value of three track events and the points shall be divided as follows: First place, fifteen; second place, nine, and third place, three.

The province winning the greatest number of points in the regular athletic events shall be declared the winner of the athletic trophy.

The province winning the greatest number of points in the baseball contest shall be declared the winner of the baseball trophy.

The province winning the greatest number of points in the regular athletic and baseball events shall be declared the winner of the championship meet and shall have won greatest honors. If a trophy shall be offered for such championship, it shall be awarded on the same conditions as other trophies.

RULE 3. The executive board shall be the trustee of the trophies to be awarded and the division superintendent of the province winning any trophy must give satisfactory guarantee that the trophy will be cared for and returned at least one day before the annual meet.

RULE 4. In case two or more provinces shall score an equal number of points and no other province shall have secured a greater number and, if one of the provinces shall have held the championship during the preceding year, that member shall continue to hold the championship during the ensuing year. But, in case neither province shall have held the championship, the executive board shall hold the trophy in abeyance during the ensuing year.

RULE 5. All ties and contested ranks and honors among members shall be decided according to the principle set forth in Rule 4.

RULE 6. The above rule shall not be construed to include individual athletes. Ties in the different events will be decided by special rules.

RULE 7. The American Athletic Union rules of the previous year shall govern all contests.

RULES OF ELIGIBILITY.

RULE 1. Each entry list shall be accompanied by a statement signed by the division superintendent or his representative certifying that each contestant has been a student in good and regular standing for a period of at least three school months previous to the meet. In case the normal institute is held immediately before the meet and there is no school which the pupil may attend he must have been in attendance three school months previous to the opening of the normal institute.

RULE 2. No person who has received pay as teacher for a period of one school year previous to the annual meet shall be allowed to compete in any event, baseball included.

FINANCES.

Several satisfactory methods of securing funds for athletic activities, for supplying equipment and financing meets, have been tried in various sections and may prove suggestive to other schools which encounter difficulties in solving these problems. Where a school club, union, or league with a fixed organization and membership exists, it is a simple matter for such bodies to assess themselves a certain amount which will be met by contribution from the members. Subscriptions and contributions by local people, officials, merchants, and others, are appropriate if the transactions are handled in accordance with the regulations which follow. Another method which has proved successful in a number of instances is to give dances and other entertainments, charging admissions. This plan can be greatly facilitated by naming on the committee in charge a number of interested people who will assist in the sale of tickets.

In primary and intermediate schools, it will often be possible for the girls' sewing classes to make the uniforms for athletic teams, using material which is supplied them for the purpose. The school boys themselves are often able to fabricate many articles of their baseball and track supplies and can make satisfactory gloves, bats, balls, bases, and general track and field equipment.

Whenever the funds for such athletic enterprises are obtained by public subscription, or otherwise, the proper school authorities should guarantee accurate and honest accounting and should render complete reports to interested people.

No employee of the Government, whether Insular, provincial, or municipal, is allowed to solicit contributions for any purpose whatever without the approval of the Governor-

General. All contributions so collected must be deposited with the municipal or provincial treasurer to the credit of the fund for the particular purpose for which the money was collected. In the case of general provincial meets, the deposit is to be with the Provincial Treasurer; and in district and town meets, it should be made with the Municipal Treasurer.

Certain interprovincial meets have been managed, so far as finances are concerned, by committees of citizens who were not officials of the Government. Such a plan for collecting contributions does not require the approval of the Governor-General. However, wherever such an arrangement is made, for the protection of all concerned a full and complete report of all receipts and expenditures should be made by the treasurer and audited by citizens who possess the confidence of the public. Such reports should be published in the local papers if there are any, and if not a copy should be posted for the information of the general public.



Photo by E. S. Brown.

PHILIPPINE NORMAL SCHOOL BASKET BALL TEAM, 1911.



MANILA HIGH SCHOOL BASEBALL TEAM, CHAMPIONS OF THE MANILA
INTERSCHOLASTIC ATHLETIC ASSOCIATION, 1911.

GENERAL RULES GOVERNING MEETS.

The Director of Education will appoint officials for all Carnival and other general meets. In interprovincial meets, the power of naming officials will be delegated to such executive boards as may be provided under constitutions approved by the Director of Education.

During the annual meets, which will probably take place during the Philippine Carnival, there will be baseball and basket ball tournaments and such track and field sports as may be determined upon. The track and field events shall include the following:

- 50-yard dash.
- 100-yard dash.
- 220-yard hurdles, low (10 hurdles, 2 feet 6 inches high).
- 220-yard dash.
- 880-yard relay.
- One-mile relay.
- 440-yard run.
- Half-mile run.
- Running high jump.
- Running broad jump.
- 12-pound shot put.
- Pole vault.

The hammer and discus throws and the baseball throw shall not be permitted in any athletic contest in the Bureau of Education.

The following is the order of events for all the Carnival and other general meets, subject to change by the Director of Education:

FIRST DAY.

| | |
|----------------------------|---------|
| Running high jump | Finals. |
| 50-yard dash | Trials. |
| 440-yard run | Trials. |
| 100-yard dash | Trials. |
| 220-yard low hurdles | Trials. |
| 220-yard dash | Trials. |
| Shot put | Finals. |

SECOND DAY.

| | |
|---------------------------|--------------|
| Running broad jump..... | Finals. |
| 50-yard dash | Semi-finals. |
| 220-yard low hurdles..... | Semi-finals. |
| 100-yard dash..... | Semi-finals. |
| 880-yard run..... | Finals. |
| 220-yard dash..... | Semi-finals. |
| 880-yard relay..... | Finals. |

THIRD DAY.

| | |
|---------------------------|---------|
| Pole vault..... | Finals. |
| 50-yard dash..... | Finals. |
| 440-yard run..... | Finals. |
| 100-yard dash..... | Finals. |
| 220-yard low hurdles..... | Finals. |
| 220-yard dash..... | Finals. |
| Mile relay..... | Finals. |

The following is suggested as the order of events for dual meets covering two days:

FIRST DAY.

| | |
|-----------------------|---------|
| 50-yard dash..... | Trials. |
| 440-yard run..... | Finals. |
| 50-yard dash..... | Finals. |
| High jump..... | Finals. |
| 220-yard hurdles..... | Trials. |
| Broad jump..... | Finals. |
| 220-yard hurdles..... | Finals. |
| Half-mile relay..... | Finals. |

SECOND DAY.

| | |
|--------------------|---------|
| 220-yard dash..... | Trials. |
| 880-yard run..... | Finals. |
| 220-yard dash..... | Finals. |
| Pole vault..... | Finals. |
| 100-yard dash..... | Trials. |
| Shot put..... | Finals. |
| 100-yard dash..... | Finals. |
| Mile relay..... | Finals. |

The above events are to be run off in the forenoon, leaving the afternoon for baseball and other games.

First, second, and third places in all events, including the relays, shall count five points, three points, and one point respectively.

In interprovincial meets in which three or more prov-

inces take part, the program and order of events should be similar to those outlined for general meets.

In track and field events, each competitor (a school division) shall be allowed three entries in each event on the program except in the relay races; only one team may be entered by any competitor in each relay.

At all Carnival and general meets, the clerk of the course shall be furnished a list of entries at least three days before the opening of the meet. This list should be typewritten.

Entries for each day's events must be concluded at least one hour before the opening of the day's program, and shall not be changed unless good reason is presented for so doing.

No record shall be accepted for a race of any kind unless timed by at least three official timekeepers provided with stop-watches. In field events the distances and heights must be measured by at least three field judges. In no case will a record be allowed if a contestant is in any way aided by a favorable wind or other unusual conditions. Written reports of records should be made by the referee immediately at the close of each meet, specifying that they were made under these conditions. At present records will be accepted only from the Carnival and other interprovincial meets.

No more than three prizes shall be given in any event, and in no case shall money be accepted as a prize.

No prize shall be given except suitably inscribed cups, wreaths, diplomas, banners, badges, medals, etc., unless authorized by the Director of Education.

The value of prizes in each event shall not exceed ₱50 for first, ₱25 for second, and ₱15 for third.

No limit shall be placed on the value of trophies won by teams or associations.

AMATEUR ATHLETICS.

While every possible precaution is taken by school authorities in the management of athletics to guarantee the amateur athletic standing of school pupils who take part in meets, the question of the general recognition of Bureau of Education athletes has been brought to the attention of the Philippine Amateur Athletic Federation. This body,

of which the Governor-General is the president, was organized for the purpose of maintaining the amateur standing of the young men who take part in athletic games in the Philippines. It holds practically the same standards as are required of amateur athletic associations in the United States. It has for its object the two-fold purpose of maintaining athletic sports on a wholesome amateur basis and of guaranteeing to Americans and others who take part in such games in the Philippines a clean record upon which they may be admitted to amateur standing upon their return to their home countries.

Following out this plan of emphasizing the amateur feature of school athletics, the Bureau of Education has adopted, along with its own athletic rules, those tests which are required by the Philippine Amateur Athletic Federation. Pursuant to this action, the federation has agreed to recognize athletes who are certified to by this Bureau and to admit them without further question or charge on an equal basis with its own members to all meets and contests held under its auspices. As evidence of such affiliation with the Philippine Amateur Athletic Federation, the Bureau will issue to any eligible pupil upon request a card which will certify to his amateur standing. The information which will appear on this card will be as follows:

(Face.)

| | |
|---|--|
| BUREAU OF EDUCATION. ATHLETICS. (Affiliated with the Philippine Amateur Athletic Federation.) | |
| This is to certify that | |
| Mr. | |
| the holder of this card, is a registered amateur athlete. | |
| <i>Principal or Supervising Teacher.</i> | |
| <i>Division Superintendent.</i> | |
| Date issued..... | |
| Good until | |

(Reverse.)

I accept this card with the understanding that if I commit any of the following acts, I become a professional athlete and ineligible to compete further as an amateur:

1. Enter a competition for money.
2. Accept a prize of money.
3. Sell or pawn prizes.
4. Enter a competition under a false name.
5. Issue or accept a challenge for money or its equivalent.
6. Receive reward for becoming or continuing to be a member of an athletic organization.
7. Accept a free membership or remission of dues in any club.
8. Teach, train, or coach in any athletic sport for money or any valuable consideration.

Sign here.....

School

Witnessed by
Principal or Supervising Teacher.

ARTICLES OF ALLIANCE BETWEEN THE PHILIPPINE AMATEUR ATHLETIC FEDERATION AND THE BUREAU OF EDUCATION.

ARTICLE I.

At all meetings of the board of governors of the Philippine Amateur Athletic Federation the Bureau of Education shall be entitled to two representatives who shall have voice and privilege equal to the other members of said board, but not the right to vote.

ARTICLE II.

All members of the Bureau of Education entering meets and games conducted under the rules of the Philippine Amateur Athletic Federation shall be governed by the rules of the Philippine Amateur Federation.

ARTICLE III.

All members of the Bureau of Education shall be entitled to enter and compete in meets and games conducted by the Philippine Amateur Athletic Federation provided they hold regularly issued Bureau of Education registration cards. Upon ceasing to be bona fide students, however, in the Bureau of Education, all rights and privileges under the Bureau of Education registration cards cease.

ARTICLE IV.

All suspensions and disqualifications issued by the Bureau of Education will be recognized by the Philippine Amateur Athletic Federation and no such expelled or disqualified person shall be issued a Philippine Amateur Athletic Federation registration card without the consent of the Bureau of Education.

ARTICLE V.

These articles of alliance may be terminated by either party upon thirty days' written notice to the other.

(Sgd.) FRANK R. WHITE,
For the Bureau of Education.

(Sgd.) MURRAY BARTLETT,
First Vice-President.

For the Philippine Amateur Athletic Federation.

Any school boy who desires to avail himself of the privileges to which he is entitled because of his amateur standing may ask that an amateur athletic card be issued to him by the Bureau of Education. His request should be made through the proper school authorities to the division superintendent of schools, and upon receipt of satisfactory evidence of his amateur standing a card may be issued to him by the division superintendent.

Only those pupils to whom amateur athletic cards have been issued will be eligible to compete in the Carnival inter-scholastic meet or any other meet of which the Bureau of Education takes official cognizance.

The amateur standing of all bona fide public school students shall be accepted up to and including October 15, 1911, after which date the athletic standing of all students will be determined by the rules and regulations herein set forth.

No student who, subsequent to the publication of these rules, has been declared a professional shall be reinstated as an amateur. Any student who knowingly competes with an athlete who is disqualified shall be held to have suspended himself for such period as the Director of Education may deem proper.

Any student known to have bet or acted as agent for others in betting on athletic games or contests shall be

debarred from competition for one year. It is the duty of the division superintendent of the province from which the student competes to take action in such cases where he receives conclusive information that the student has committed this offense.

All pupils taking part in athletic meets must be bona fide students of the public schools. Students who are taking night school course only shall not be eligible to compete or represent a public school.

Approved private educational institutions may be represented at interprovincial athletic meets only upon the written invitation of the Director of Education. Private school students taking part in public school meets must conform to all of the athletic rules and regulations prescribed by the Director of Education.

No student shall represent a school at athletic meets unless he has been a regular attendant at such school for at least four school months immediately preceding the meet.

Students taking part in interprovincial meets can compete only two years in the same grade, this provision to be effective from the beginning of the school year 1910-11.

Students to be eligible when taking part in athletic meets as members of teams from provinces other than their home provinces after July 1, 1911, must present transfer cards signed by the division superintendent of their home province and by the principal of the school from which they wish to transfer.

No person who is a graduate of a four-year secondary course shall be eligible to compete in athletic meets held by the Bureau of Education. This applies to those students who have completed their high school course, but have not yet received their diplomas: *Provided, however,* That this is not to prevent any interprovincial athletic organization from admitting to contests teams from the university or other amateur organization with the approval of the Director of Education.

Only those students who are taking full work in a regular course shall be allowed to represent a school.

No student shall be allowed to compete at any meet held by the Bureau while disqualified or under suspension.

No student who has matriculated in a college course or who has played on a college team shall be eligible to take part in meets held by this Bureau except as a member of a university or other team admitted into a contest of an association with the approval of the Director of Education.

Beginning with the school year 1912-13, no student may compete in an interprovincial meet who has been a teacher, municipal or Insular, or other employee of the Bureau of Education, or who receives pay directly or indirectly from any branch of the Government during that school year: *Provided, however,* That this is not to be considered applicable to those bona fide students who receive pay as pensionados or student assistants in trade schools and other institutions.

No student shall be allowed to compete in the mile run unless he has reached the age of eighteen years.

Protests affecting the right of any student to compete in interprovincial or general meets shall be made to the Director of Education whose decision will be final in passing upon the student's right to compete. However, the decision of the executive board of the interprovincial association will stand until annulled by the Director of Education.

SPECIAL RULES FOR CARNIVAL MEETS.

No contestant shall be considered eligible for general or Carnival meets if he does not enter school by the tenth day of the second semester of the school year in which the Carnival is held, whether he is in a primary, intermediate, or secondary grade. No excuse whatever will be accepted for his failure to enter school by the time indicated.

For the 1912 Carnival no person may compete who is receiving pay, directly or indirectly, from any branch of the Government or who has been a teacher, municipal or Insular, or other employee of the Bureau of Education after September 10, 1911. For succeeding years, no person falling within any of the classes enumerated above during that school year shall be admitted to the Carnival meet if he has received any pay: *Provided, however,* That this is not to be applicable to those bona fide students in trade schools

and other such institutions who are paid as student assistants.

Entries for each day's events must be concluded by 6 p. m. of the previous day, and shall not be changed unless good reason is presented for doing so. The clerk of the course shall be given a typewritten list of each team at least forty-eight hours before the opening of the meet.

The methods of entering teams in the Carnival meet will be subject to change by the Director of Education from time to time. However, until such changes are indicated, the following arrangements will be in force:

The winning teams of interprovincial meets will be eligible to take part in the Carnival meet.

In general, an interprovincial association will be represented by one baseball team and one track team, but in the cases of larger associations the Director of Education may permit the entry of more than one team.

Until basket ball becomes a regular contest at interprovincial meets, the admission of such teams at the Carnival meet will be at the discretion of the Director of Education.

The cases of isolated provinces, who are not members of interprovincial associations, will be decided as special cases by the Director of Education.

RULES OF ELIGIBILITY FOR MEETS HELD WITHIN DIVISIONS.

The eligibility of students taking part in contests held within divisions will be determined by the division superintendent: *Provided, however,* That none of the rules relative to amateur standing shall be violated.

PLAYING RULES.

BASEBALL.

The official Baseball Rules adopted by the National League and the American League shall govern all baseball contests held by the Bureau. In cases where the up-to-date rules are not obtainable the rules of the year next preceding shall govern.

Official baseball guides may be obtained from any merchant who handles sporting goods.

For the benefit of those desiring to prepare grounds and begin baseball practice the manner of laying off a baseball field with a correct diagram of same is given as follows:

The Ball Ground.

RULE 1. To obviate the necessity for ground rules, the shortest distance from a fence or stand on fair territory to the home base should be 235 feet and from the home base to the grand stand 90 feet.

To Lay Off the Field.

RULE 2. To lay off the lines defining the location of the several bases, the catcher's and the pitcher's position and to establish the boundaries required in playing the game of baseball, proceed as follows:

Diamond or Infield.

From a point, A, within the grounds, project a straight line AE out into the field, and at a point, B, 154 feet from point A, lay off lines BC and BD at right angles to the line AB; then, with B as a center and 63.63945 feet as a radius, describe arcs cutting the lines BA at F and BC at G, BD at H and BE at I. Draw lines FG, GI, IH, and HF, which said lines shall be the containing lines of the Diamond or Infield.

The Catcher's Lines.

RULE 3. With F as a center and 10 feet radius, describe an arc cutting line FA at L, and draw lines LM and LO at right angles to FA, and continue same out from FA not less than 10 feet.

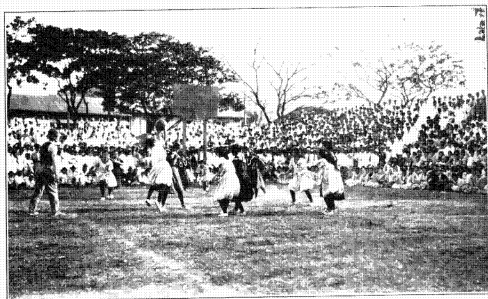


Photo by E. S. Brown.

BASKET BALL GAME, NORMAL VS. TONDO, CARNIVAL, 1911.

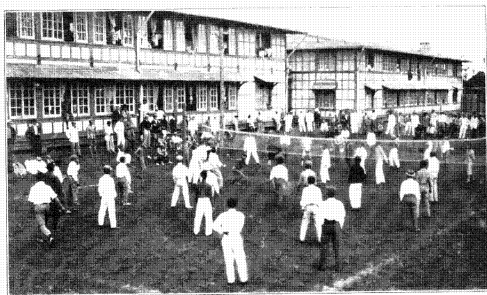


Photo by E. S. Brown.

VOLLEY BALL GAME, FILIPINO GOVERNMENT EMPLOYEES, BAGUIO, 1911.

The Foul Lines.

RULE 4. From the intersection point, F, continue the straight lines FG and FH until they intersect the lines LM and LO, and then from the points G and H in the opposite direction until they reach the boundary lines of the ground, and said lines shall be clearly visible from any part of the diamond, no wood or other hard substance shall be used in the construction of such lines.

The Players' Lines.

RULE 5. With F as center and 50 feet radius, describe arcs cutting lines FO and FM at P and Q; then, with F as center again and 75 feet radius, describe arcs cutting FG and FH at R and S; then from the points P, Q, R and S draw lines at right angles to the lines FO, FM, FG and FH, and continue the same until they intersect at the points T and W.

The Coachers' Lines.

RULE 6. With R and S as centers and 15 feet radius, describe arcs cutting the lines RW and ST at X and Y and from the points X and Y draw lines parallel with the lines FH and FG, and continue same out to the boundary lines of the ground.

The Three-Foot Line.

RULE 7. With F as a center and 45 feet radius, describe an arc cutting the line FG at 1, and from 1 to the distance of three feet draw a line at right angles to FG, and marked point 2; then from point 2 draw a line parallel with the line FG to a point three feet beyond the point G, marked 3; then from the point 3 draw a line at right angles to line 2, 3, back to and intersecting with FG, and from thence back along the line GF to point 1.

The Batsman's Lines.

RULE 8. On either side of the line AFB describe two parallelograms six feet long and four feet wide (marked 8 and 9), their longest side being parallel with the line AFB, their distance apart being six inches added to each end of the length of the diagonal of the square within the angle F, and the center of their length being on said diagonal.

The Pitcher's Plate.

RULE 9. Section 1. With point F as center and 60.5 feet as radius, describe an arc cutting the line FB at line 4, and draw a line 5, 6, passing through point 4 and extending 12 inches on either side of line FB; then with line 5, 6, as a side describe a parallelogram 24 inches by 6 inches, in which shall be located the pitcher's plate.

Sec. 2. The pitcher's plate shall not be more than 15 inches higher than the base lines or the home plate, which shall be level with the surface of the field, and the slope from the pitcher's plate to every base line and the home plate shall be gradual.

The Bases.

RULE 10. Section 1. Within the angle F, describe a five-sided figure, two of the sides of which shall coincide with the lines FG and FH to the extent of 12 inches each, thence parallel with the line FB 8½ inches to the points x and y, a straight line between which, 17 inches, will form the front of the home base or plate.

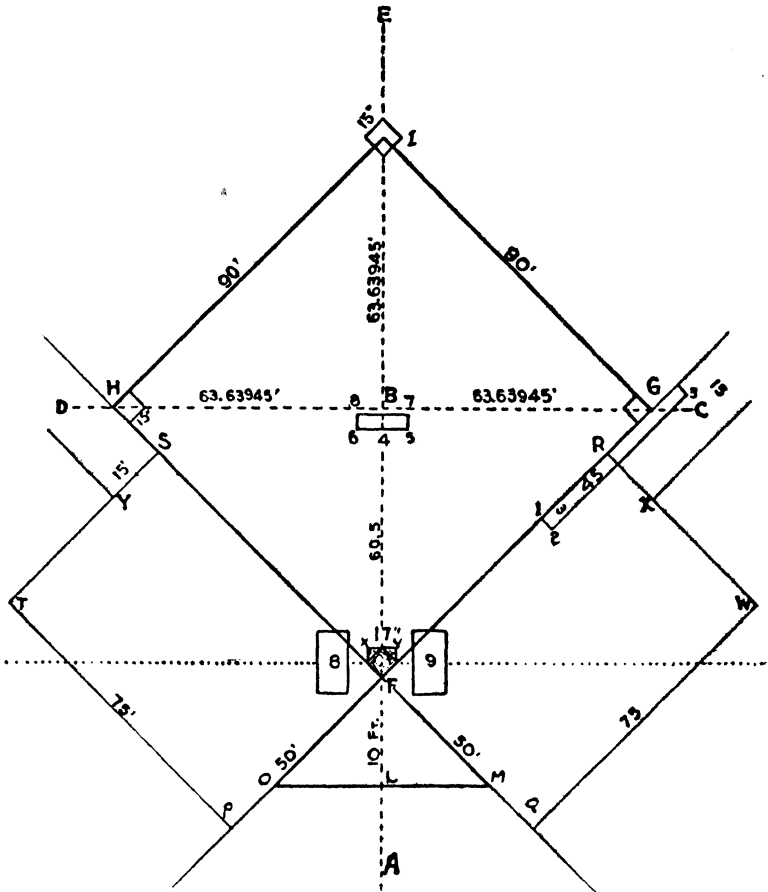


Diagram of baseball field.

Sec. 2. Within the angle at G, I and H describe squares, whose sides are 15 inches in length, two of such sides of which squares shall lie along the lines FG and GI, GI and IH, and HF, which squares shall be the location of the first, second and third bases respectively.

RULE 11. The Home Base at F and the Pitcher's Plate at 4 should

each be of whitened rubber, and so fixed in the ground as to be even with its surface. A wooden base and wooden plate may be used where those of rubber are not available.

BASKET BALL FOR GIRLS.

In basket ball the Spalding's Official Basket Ball Guide for boys shall be used.

In basket ball for girls the Spalding's Official Basket Ball Guide for boys shall be used with the following modifications:

Rule IV, section 1, shall read: Teams for match games shall consist of six players, the extra player being known as the "side center."

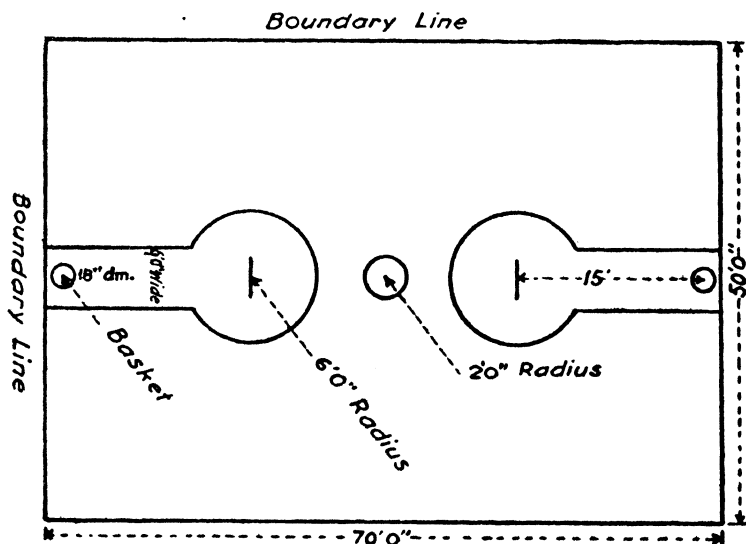


Diagram of basket ball field.

Rule XI, section 1, first sentence, shall read: The game shall consist of three periods, the first of 10 minutes, the second of 15, and the third of 10, with a rest of 5 minutes between the first and second periods, and 10 minutes between the second and third.

Section 2: The teams shall change baskets at the end of each period.

Section 4: Change the words, "the second half" to "each period."

Section 10: Strike out the word "tackle" and retain the word, "touch." Between the first and second sentences, insert the following: "No person shall touch the ball with both hands while it is in the possession of an opponent."

The Official Guide books may be obtained from any dealer in sporting goods.

VOLLEY BALL.

Volley ball is a game that can be played either indoors or outdoors. Any number of persons may play, this being governed by the size of the court. It consists in keeping the ball in motion over a high net from one side to the other, partaking of the nature of tennis.

Play is started by a player on one side who serves the ball over the net into the opponents' court. The opponents, without allowing the ball to strike the ground, return it, and it is in this way kept going back and forth until one side fails to return it, or it strikes the ground out of bounds. If the serving side fails to return the ball in the opponents' court, it counts as an out. If the receiving side fails to return the ball in the opponents' court, the serving side scores one point.

RULES.

1. **Game.**—The game shall consist of 21 points.

2. **Courts.**—The court or floor space shall not be more than 90 feet long and 45 feet wide, nor less than 60 feet long and 30 feet wide, to be divided into two squares by the net. The boundary lines must be plainly marked so as to be visible from all parts of the court.

3. **Net.**—The net shall be at least two feet wide, and not less than 27 feet long, nor more than 45 feet long, and shall be suspended from walls or uprights placed outside the side lines. The top line of the net at the center must be seven feet six inches from the ground.

4. **Ball.**—The ball shall be round; it shall be made of a rubber bladder covered with leather. It shall measure not less than 25 inches nor more than 27 inches in circumference, and shall weigh not less than nine ounces nor more than twelve ounces.

5. **Server and service.**—The server shall stand within the court with one foot on the back line. The ball must be batted with the open hand, and not struck with the fist on a penalty of side out or point to opponents. The ball must be served over the net so as to fall in any part of the opponents' court. A service which strikes the net and falls good into the opponents' court shall be called a "net ball," and must be served over. A service which strikes the ground before going over the net, or a service which strikes on the opponents' side of the net out of bounds shall be called a fault. A server shall lose his serve if he serves two consecutive faults. In a service the ball must be batted toward the net at least ten feet. A service which would strike the ground but is struck by a player or players of the same side before striking the ground, and goes over into the opponents' court, is good. A server continues serving until put out, either by the ball being knocked out of bounds by a player of his side, by a player of his side touching the net, or by the failure of his side to return it to the opponents' territory. Each player shall serve in turn.

6. **Scoring.**—Each good service unreturned, or ball in play unreturned, or ball knocked out of bounds by the side receiving, or net

touched by player of the side receiving or ball struck with the fist of a player on the side receiving, counts one point for the side serving. If the side serving commits any of the above acts it shall be side out.

7. **Net ball.**—A returned ball which strikes the net and falls within the opponents' court is good.

8. **Line ball.**—If any portion of the ball strikes the boundary line it is equivalent to one in the court.

9. **Play and players.**—Should any player during the game touch the net, it puts the ball out of play and counts against his side. If such player is on the serving side the ball goes to the opponents; if on the receiving side, one point is scored for the server. Should two opponents touch the net simultaneously, the ball shall be declared out of play and shall be served again by the serving side. Should any player catch and hold the ball for an instant it is out of play and counts for the opposite side. Should the ball strike any object outside the playing space other than the ground, and bound back into the court, it is still in play. To dribble is to strike the ball quickly and rapidly into the air; dribbling is not allowed. However, touching the ball not more than three times in succession without its being played by any other player shall not be considered as dribbling. If any player other than the captain addresses the umpire, or makes remarks to or about him or any of the players on the opposite side, he may be disqualified and his side compelled to play without him or get a substitute, or forfeit the game. No player shall be allowed to strike the ball while he is supported by any player or object, but must strike it while on the ground or while jumping up unassisted.

10. The game may be played with any number of players.

11. Only the side serving can score.

HELPS IN PLAYING THE GAME.

1. Strike the ball with both hands, if possible.

2. Endeavor to place it in some uncovered space in the opponents' court.

3. Do not try to cover any territory but your own. A player should be able to cover about 10 by 10 feet of ground space.

4. Pass from one to another when possible.

5. Keep your eyes on the ball constantly.

In schools where a regulation leather ball is not available, a satisfactory substitute may be made by the pupils from rattan or bamboo. There are abundant local materials from which a good net may be made.

INDOOR BASEBALL.

This game is one of the best for general use among all the pupils of the schools. Its advantages over regulation baseball lie in the facts that anybody can play and that but little equipment is necessary, this consisting of only two balls and a bat, no gloves being

necessary. This game retains most of the essentials of baseball but does not require long practice to enable a pupil to become a fair player. It may be played either indoors or outdoors, preferably the latter.

The rules for regulation baseball apply except in so far as they are amended by the following:

RULE I.—*The diamond.*

Each side of the diamond is 35 feet long, and a base is placed in each corner. The distance from home to second base, and from first to third base, is $49\frac{1}{2}$ feet. The pitcher's box is 7 by 3 feet, the nearest line of said box to be 30 feet from the center of home base. The batsman's box (one to the left and one to the right of the home base) shall be 4 feet long and 3 feet wide, extending 1 foot in front of and 3 feet behind a center line through the home base, with its nearest side distant 6 inches from the home base.

RULE II.—*The ball.*

The ball must be not less than $16\frac{3}{4}$ nor more than $17\frac{1}{4}$ inches in circumference, made of a yielding substance, not less than 8 nor more than $8\frac{1}{2}$ ounces in weight, and covered with a white skin.

These balls may be obtained from any dealer in sporting goods.

RULE III.—*The bat.*

The bat must be $2\frac{3}{4}$ feet long and not larger than 1 $\frac{3}{4}$ inches in diameter in the largest part, and may have a rubber tip on the handle to prevent slipping. It must be made otherwise of wood, except that a metal rod may be passed through the center to give desired weight, but under no circumstances is lead to be used in loading. The handle may be wound with string or tape.

RULE IV.—*The pitcher.*

The pitcher shall take his position facing the batter with both feet on the ground wholly within the box and with both feet on the rear line of said box, and when in the act of delivering the ball shall not take more than one step, but shall not be restricted as to curving the ball, although the arm must be swung *parallel with the body*.

He shall not make more than one step in the act of delivering the ball. He shall hold the ball before the delivery fairly in front of his body and in sight of the umpire.

RULE V.—*Dead balls.*

Any pitched ball striking the batter is a dead ball, but does not entitle him to a base. If a batter intentionally gets in the way or interferes with any legally delivered ball a strike shall be called. If it should be the third strike the batter is out, and no base can be run on that ball.

RULE VI.—Fair and foul balls.

A batted ball which strikes inside or on the foul line is fair, the first point of contact with the floor, object or fielder deciding, regardless of where it afterward rolls.

A batted ball first striking outside the foul line shall be foul.

RULE VII.—Strikes.

A strike is a ball struck at by the batsman without its touching his bat; or a foul tip caught.

Note: A foul is not considered a strike unless caught by the catcher.

RULE VIII.—The batsman is out.

If the batsman is hit by the ball on the third strike he shall be declared out.

Note: If, after the batsman has two strikes, he fouls the ball, and the ball hits him before it hits the floor, wall or any fixture, he shall be called out.

RULE IX.—When to start.

A base runner must not leave his base when the pitcher holds the ball standing in his box.

A base runner must not leave his base on a pitched ball not struck, until after it has reached or passed the catcher, on penalty of being called back.

A base runner must be on his base when the pitcher is ready to deliver the ball to the batsman.

(Starting too soon does not exempt a base runner from being put out on that particular play. The umpire must not make a decision in regard to a premature start until the base runner has reached the next base or is put out.)

TRACK AND FIELD.

RULE I.—Officials.

SECTION 1. All amateur meetings shall be under the direction of

- A games committee,
- One referee,
- Two or more inspectors,
- Three judges at finish,
- Three or more field judges,
- Three or more timekeepers,
- One chief field judge (for large meets),
- One starter,
- One clerk of the course,
- One scorer,
- One marshall.

SEC. 2. If deemed necessary, assistants may be provided for the clerk of the course, the scorer, and the marshall, and an official announcer may be appointed.

RULE II.—*The games committee*

in all Insular championship meetings shall be appointed by the Director of Education.

The games committee at any meeting shall be composed of members appointed by the Director of Education to hold the meeting.

This committee shall have jurisdiction of all matters not assigned by these rules to the referee or other games officials. (See also Rule XV.)

RULE III.—*The referee*

shall decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official program, and to add to or to alter the announced arrangement of heats in any event. A referee has no authority, after heats have been duly drawn and published in a program, to transfer a contestant from one heat to another.

When in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When in a final heat, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest under the rules of the Bureau, a competitor shall conduct himself in a manner unbecoming a gentleman or offensive to the officials, spectators or competitors, the referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment shall promptly make a detailed statement of the facts to the games committee.

RULE IV.—*The inspectors.*

It shall be the duty of the inspectors to stand at such points as the referee may designate; to watch the competition closely, and in case of a claim of foul to report to the referee what he saw of the incident.

Such inspectors are merely assistants to the referee, to whom they shall report, and have no power to make any decisions.

RULE V.—*The judges at finish*

shall determine the order of finishing of contestants and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

RULE VI.—*The field judges*

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, and the weight competition.

They shall act as judges of these events, and their decisions, as to facts, shall likewise be without appeal. In case of disagreement a majority shall govern.

RULE VII.—*The timekeepers*

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted.

The flash of the pistol shall denote the actual time of starting.

If, for any reason, only two watches record the time of an event and they fail to agree, the longest time of the two shall be accepted.

NOTE.—For record, however, three watches must be held on an event.

RULE VIII.—*The starter*

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except in time handicap races the word "go" shall be used.

An actual start shall not be effected until the pistol has been purposely discharged after the competitors have been warned to get ready. In case the pistol was not purposely discharged the competitors shall be called back by the starter by pistol fire.

NOTE.—The starter must have at least two good cartridges in his pistol before starting a heat.

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

Penalties for false starting shall be inflicted by the starter, as follows:

In all races up to and including 125 yards the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards

for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt, in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official program after the starter has given the warning to "get ready."

RULE IX.—*The clerk of the course*

shall be provided with the names and the numbers of all entered competitors, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the starter should any competitor attempt to advance himself after the starter has warned them to "get ready"; and in time allowance handicaps shall furnish the starter with the number and time allowance of each competitor. He shall control his assistants, and assign to them such duties as he may deem proper.

RULE X.—*Chief field judge.*

For large meets there shall be appointed a chief field judge, who will represent the referee. It will be his duty to see that the field events are started promptly, and that there will be no unnecessary delay in the competition. He shall receive from the field judges and report to the chief scorer the results of the competition in the field events. He may appoint as many assistants as he deems necessary.

RULE XI.—*The scorer*

shall record the order in which each competitor finishes his event, together with the time furnished him by the timekeepers. He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XII.—*The marshal*

shall have full police charge of the inclosure, and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants, and assign to them their duties.

RULE XIII.—*The official announcer*

shall receive from the scorer and field judges the result of each event, and announce the same by voice, or by means of a bulletin board.

RULE XIV.

Officials and handlers only shall be allowed within the center field or inner circle, or on the track immediately prior to or during competitions at championship meetings; this rule includes the all championship.

RULE XV.—*Competitors*

shall report to the clerk of the course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the clerk of the course.

Under no conditions shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races, where special agreement may be made.

RULE XVI.—*Protests*

against any entered competitor may be made verbally or in writing to the games committee or any member thereof before the meeting, or to the referee during the meeting. If possible, the committee or referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the games committee within one week, unless its subject be the amateur standing of the competitor, in which case the games committee must report such protest within forty-eight hours to the member of the registration committee in whose territory the games are being held.

RULE XVII.—*Track measurement.*

All distances run shall be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line.

RULE XVIII.—*The course.*

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the

track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straightaway in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of his opponents.

In all championship races at any distance under and including 440 yards, each competitor shall have a separate course, properly measured and marked whether the race be run on a straight path or around one or more curves.

The referee shall disqualify from further participation in the wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The referee shall disqualify from that event any competitor who games any contestant competing to lose, to coach, or in any way impede the chances of another competitor either in a trial or final contest.

RULE XIX.—*The finish.*

The finish of the course shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and four feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body, except his hands or arms, shall reach the finish line. The order of finishing for second and third places, and so on, shall be decided in the same manner.

RULE XX.—*Hurdles.*

Different heights, distances and number of hurdles may be selected for hurdle races.

In the 220-yard hurdle race ten hurdles shall be used; each hurdle to be 2 feet 6 inches high. They shall be placed 20 yards apart, with the first hurdle 20 yards distant from the starting mark, and the last hurdle 20 yards before the finishing line.

In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals, with the same space between the first hurdle and starting point, and the last hurdle and the finishing line as between each of the hurdles.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, and no record shall be allowed unless all the hurdles remain standing after the competitor clears them.

A competitor knocking down three or more hurdles or any portion of three or more hurdles in a race shall be disqualified. A competitor who trails his leg or foot alongside any hurdle shall be disqualified.

In all championship hurdle races up to and including 300 yards, each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

RULE XXI.—*Ties.*

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who receive the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping, the tying competitors shall have three additional trials at the height last tried, and if still undecided, the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in the pole vault the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps, where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

In case of a tie in a scratch contest at any game decided by distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distances cleared in these additional trials. In case of a second tie three trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track event, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the referee.

Order of competition in field events.

In all scratch events the competitors shall take their trials in the order of their names as printed in the program.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

RULE XXII.—*Jumping.*

SECTION 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

THE RUNNING HIGH JUMP.

SEC. 2. The field judge shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in

his proper turn; then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined.

* * * * *

NOTE.—At the annual meeting of the A. A. U., held November 19, 1902, in New York City, the following was offered for guidance in the pole vault and high jump events:

"That the rules of competition require the Field Judges to make accurate measurements. The Committee have discussed the question of giving the right to move the apparatus in the high jump and in the pole vault, and we would like to call the attention of all those who are interested on athletics to the fact that if the apparatus is moved, the Field Judges should make a remeasurement, because if there is any inequality in the ground at all, changing the apparatus may make a difference varying from one inch to a quarter of an inch, and the competitor should not be allowed to have the apparatus moved and thereby get an advantage in that way."

THE RUNNING BROAD JUMP.

SEC. 4. When jumped on dirt, a joist eight inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be flush.

A foul jump shall be one where any part of the competitor's foot is over the scratch line in taking off, or where the competitor runs over the line without jumping; it shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the best three shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line shall be unlimited.

THE POLE VAULT.

SEC. 5. The height of the bar at starting and at each successive elevation shall be determined by the officials.

Three trials will be allowed at each height. Each competitor shall

make an attempt in the order in which his name appears on the program, then those who have failed shall have a second trial in regular order, and those failing on this trial shall take their final trial.

Displacing the bar counts as a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk. Two balks constitute a try.

Leaving the ground in an attempt shall constitute a try.

A competitor may omit his trials at any height, but if he fail at the next height he shall not be allowed to go back and try the height he omitted.

The poles shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one spike at the lower end. No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Poles shall be furnished by the clubs giving the games, but contestants may use their private poles if they desire, and no contestant shall be allowed to use any of these private poles except by the consent of their owners. The poles shall be unlimited as to size and weight.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

In case of a tie the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

The rule governing the *running broad jump* shall also govern the *pole vault* for distance, except that when the man leaves the ground in an attempt, it shall be counted a trial.

RULE XXIII.—*The shot.*

The shot shall be a metal sphere with a covering of any material, and the combined weight for championship contests shall be 12 pounds. It is optional with the games committee of handicap meetings to order competitions of shots weighing from 8 pounds upwards.

The shot shall be "put" with one hand, and in making the attempt it shall be above and not behind the shoulder.

All puts shall be made from a circle 7 feet in diameter; the circle to be a metal or wooden ring, painted or whitewashed, and sunk almost flush with the ground, and it shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board 4 feet

long, 4 inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board, the circle, or the ground outside the circle, and the competitor leaves the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle.

The order of competing and number of trials shall be the same as for the running broad jump. Shots shall be furnished by the Games Committee. Any contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

RULE XXIV.—*Relay racing.*

1. A line shall be drawn 20 feet in front of each starting line. Between these two lines each runner must touch the succeeding runner. Failure to do this shall disqualify the team in that event. There shall be judges of relay racing whose duties it shall be to see that all touches are properly made.

2. The same rules with reference to fouling, coaching or impeding a runner in any manner, apply to relay racing as to other running events.

3. In the case of a handicap relay race, the runner on the first relay is granted the total handicap allowed each team.

4. No member of a relay team, in order to relieve his team mate, can run back of the line. No man can run two relays in any one team.

5. Only those are allowed to run in the final heat of a relay race who have competed in the trial heats.

6. In all relay races where the individual runs 440 yards or less the distance must be measured off. Each competitor shall have a separate lane properly measured and marked whether the race be run on a straight path or around a curve.

7. The positions of the teams must be drawn for.

8. In all relay races an announcement must be made as to what

distance each man is to run in his relay. Any man failing to run the distance required shall cause his team to be disqualified. And the failure of any one man to run his full relay shall cause the team to be disqualified.

EXPLANATION.

Paragraph 2: Each runner must actually touch the succeeding runner; overlapping or making an attempt and failing can not be considered a touch-off. The twenty feet in front is given for the sole purpose of making a man wait to be touched and the referee has no other alternative than to disqualify an athlete who fails to touch the succeeding runner on his attempt, which latter, however, shall start from the starting line.

LAWN TENNIS.

1. The court is 78 feet long and 27 feet wide. It is divided across the middle by a net, the ends of which are attached to two posts, standing 3 feet outside of the court on either side. The height of the net is 3 feet 6 inches at the posts, and 3 feet in the middle. At each end of the court, parallel with the net, and 39 feet from it, are drawn the base lines, the ends of which are connected by the side lines. Halfway between the side lines, and parallel with them, is drawn the half-court line dividing the space on each side of the net into two equal parts, the right and left courts. On each side of the net, at a distance of 21 feet from it, and parallel with it, are drawn the service lines.

THE BALLS.

2. The balls shall measure not less than $2\frac{1}{2}$ inches, nor more than $2\frac{5}{16}$ inches in diameter; and shall weigh not less than $1\frac{15}{16}$ ounces, nor more than 2 ounces.

THE GAME.

3. The choice of sides, and the right to serve in the first game, shall be decided by toss; provided that, if the winner of the toss choose the right to serve, the other player shall have choice of sides, and vice versa, or the winner of the toss may insist upon a choice by his opponent. If one player chooses the court, the other may elect not to serve.

4. The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the server, and the other the striker-out.

5. At the end of the first game the striker-out shall become server, and the server shall become striker-out; and so on alternately in all the subsequent games of the set and following sets.

6. The server shall serve with both feet behind, i. e., further

from the net than the base line and within the limits of the imaginary continuation of the centre service and the side lines. It is not a fault if one only of the server's feet do not touch the ground at the moment at which the service is delivered. He shall place both feet upon the ground immediately before serving and shall not take a running nor a walking start. He shall deliver the service from the right and left courts alternately, beginning from the right, in each of his service games, even though odds be given or owed.

7. The ball served must drop between the service line, half-court line, and the side line of the court, diagonally opposite to that from which it was served.

8. It is a fault if the ball served drop in the net, or beyond the service line, or out of court, or in the wrong court; or if the server do not stand as directed by law 6. If the server, in attempting to serve, miss the ball altogether, it does not count a fault, but if the ball be touched, no matter how slightly, by the racket, a service is thereby delivered, and the laws governing the service at once apply.

9. A fault cannot be taken.

10. After a fault the server shall serve again from the same court from which he served that fault, unless it was a fault because he served from the wrong court.

11. A fault cannot be claimed after the next service is delivered.

12. The server shall not serve until the striker-out is ready. If the latter attempt to return the service, he shall be deemed ready.

13. A service or fault delivered when the striker-out is not ready counts for nothing.

14. The service shall not be volleyed, that is, taken before it has touched the ground.

15. A ball is in play on leaving the server's racket, except as provided for in law 8, and remains in play till the stroke is decided.

16. It is a good return, although the ball touch the net; but a service, otherwise good, which touches the net shall count for nothing.

17. The server wins a stroke if the striker-out volley the service, or if he fail to return the service or the ball in play, or if he return the service or the ball in play so that it drops outside of his opponent's court; or if he otherwise lose a stroke, as provided by law 20.

18. The striker-out wins a stroke if the server serve two consecutive faults; or if he fail to return the ball in play; or if he return the ball in play so that it drops outside of his opponent's court; or if he otherwise lose a stroke as provided by law 20.

19. A ball falling on a line is regarded as falling in the court bounded by that line.

20. Either player loses a stroke if the ball touch him, or anything that he wears or carries, except his racket in the act of striking; or if he touch the ball with his racket more than once; or if he

touch the net or any of its supports while the ball is in play; or if he volley the ball before it has passed the net.

21. In case a player is obstructed by any accident, not within his control, the ball shall be considered a "let." But when a permanent fixture of the court is the cause of the accident, the point shall be counted. The benches and chairs placed around the court shall be considered permanent fixtures. If, however, a ball in play strike a permanent fixture of the court (other than the net or posts) before it touches the ground, the point is lost; if after it has touched the ground, the point shall be counted.

22. On either player winning his first stroke, the score is called 15 for that player; on either player winning his second stroke, the score is called 30 for that player; on either player winning his third stroke, the score is called 40 for that player; and the fourth stroke won by either player is scored game for the player, except as below. If both players have won three strokes, the score is called deuce; and the next stroke won by either is scored advantage for that player. If the same player win the next stroke, he wins the game; if he lose the next stroke the score returns to deuce, and so on until one player wins the two strokes immediately following the score of deuce, when game is scored for that player.

23. The player who first wins six games wins the set; except as below: If both players win five games the score is called games all: and the next game won by either player is scored advantage game for that player. If the same player win the next game, he wins the set; if he lose the next game, the score returns to games all; and so on, until either player wins the two games immediately following the score of games all, when he wins the set. But the committee having charge of any tournament may in their discretion modify this rule by the omission of advantage sets.

24. The players shall change sides at the end of the first, third and every subsequent alternate game of each set and at the end of each set, unless the number of games in such set be even. It shall, however, be open to the players by mutual consent and notification to the umpire before the opening of the second game of the match to change sides instead at the end of every set until the odd and concluding set, in which they shall change sides at the end of the first, third and every subsequent alternate game of such set.

25. In all contests the play shall be continuous from the first service till the match be concluded; provided, however, that at the end of the third set either player is entitled to a rest, which shall not exceed seven minutes, and provided, further, that in case of an unavoidable accident, not within the control of the contestants, a cessation of play which shall not exceed two minutes may be allowed between points; but this proviso shall be strictly construed, and the privilege never granted for the purpose of allowing a player to

recover his strength or wind. The referee in his discretion may at any time postpone the match on account of darkness or condition of the ground or weather. In any case of postponement, the previous score shall hold good. Where the play has ceased for more than an hour, the player who at the cessation thereof was in the court first chosen shall have the choice of courts on the recommencement of play. He shall stay in the court he chooses for the remainder of the set. The last two sentences of this rule do not apply when the players change every alternate game as provided by law 24.

26. If a player serve out of his turn, the umpire, as soon as the mistake is discovered, shall direct the player to serve who ought to have served. But all strokes scored before such discovery shall be counted. If a game shall have been completed before such discovery, then the service in the next alternate game shall be delivered by the player who did not serve out of his turn, and so on in regular rotation.

THE THREE-HANDED AND FOUR-HANDED GAMES.

For the three-handed and four-handed games the court shall be 36 feet in width; $4\frac{1}{2}$ feet inside the side lines, and parallel with them, are drawn the service side lines. The service lines are not drawn beyond the point at which they meet the service side lines.

In the three-handed game, the single player shall serve in every alternate game.

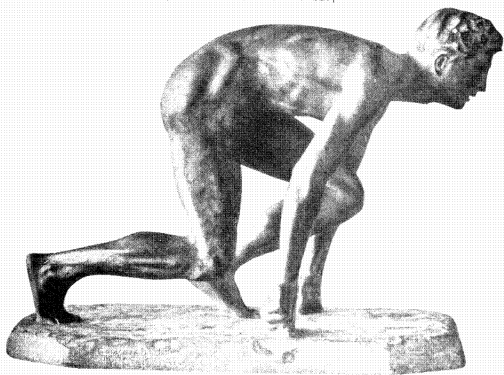
In the four-handed game, the pair who have the right to serve in the first game shall decide which partner shall do so, and the opposing pair shall decide in like manner for the second game. The partner of the player who served in the first game shall serve in the third, and the partner of the player who served in the second game shall serve in the fourth, and the same order shall be maintained in all the subsequent games of the set.

At the beginning of the next set, either partner of the pair which struck out in the last game of the last set may serve; and the same privilege is given to their opponents in second game of the new set.

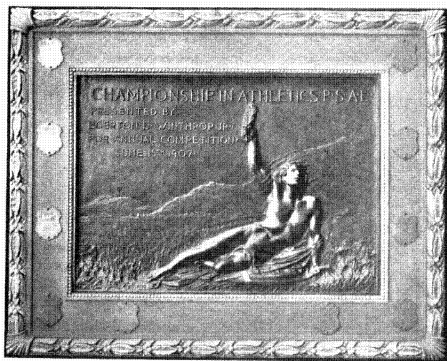
The players shall take the service alternately throughout the game; a player cannot receive a service delivered to his partner; and the order of service and striking out once established shall not be altered, nor shall the striker-out change courts to receive the service, till the end of the set.

It is a fault if the ball served does not drop between the service line, half-court line, and service side line of the court, diagonally opposite to that from which it was served.

It is a fault if the ball served does not drop as provided in law 33, or if it touch the server's partner or anything he wears or carries.



THE SPINTER.



THE SOLDIER OF MARATHON.

HINTS ON TRAINING.

1. Always warm up slowly; and cool off gradually when finished.
2. Stop practice before you are exhausted.
3. Dress lightly for practice or competition, but put on warm clothing at once when you have finished.
4. Practice regularly; a little each day, if possible.
5. Have regular hours for eating and sleeping.
6. DON'T SMOKE.

TRAINING SCHEDULE.

FOR RUNNERS.

- (a) Warm up; never fail to do this.
- (b) Practice five or six starts. Before taking the line trot a dozen steps up the track and back. On the start run at full speed about twenty yards; slow up gradually and walk back to the line.
- (c) Wait a minute: take a few deep breaths; trot a few steps and repeat the start, running a few yards further than before. After two or three trials put as much speed as possible into the start, run moderately for a few yards and finish at top speed.
- (d) Once a week run full distance at top speed. This may be done oftener for distance under 100 yards.
- (e) Always end practice by walking about until breathing becomes nearly normal; then take a rub down and dress.

FOR JUMPERS.

- (a) Warm up.
- (b) Devote a large part of the practice to getting the "take off" properly.
- (c) Decide which foot you will jump from, then starting on this foot from the "take off" run back six, eight or some even number of strides and make a mark where you strike on your last stride. Let your jumping foot strike this mark in the run to the "take off." Run with the natural stride until the last two paces, which may be lengthened a few inches. If you do not hit the "take off" right, move your starting mark backward or forward by just the distance that

you go over or fall short. Some jumpers have two marks. This is often helpful; the first mark serving as a guide to bring the jumper to the second mark on the proper stride.

(d) At first try easy jumps, raising the knee quickly and as high as possible when the jump is being made. Practice this until you learn how to land and to control your body while in the air.

(e) Do not try for height or distance in the high and broad jump more than once or twice a week, and take a good rub down and dress quickly when you have finished practicing.

FOR SHOT PUTTERS.

(a) Warm up by swinging the arms, bending the body and springing forward, at the same time giving the body a sharp turn forward and to the right.

(b) Practice should be done from a stand so as to get the spring with the legs, the turn and lunge of the body and the heave with the shoulders.

(c) Before making a put always limber the muscle of the arm and shoulder by stretching the arm up to its full length.

(d) Use a light shot until the fundamental motions are mastered.

FOR HURDLES.

(a) Warm up and practice starts the same as for running.

(b) Practice with one hurdle at first to get the stride and to overcome any hesitancy in taking the hurdle.

(c) Go no higher than is necessary in clearing the hurdle. Both time and strength may be saved in this way.

(d) Later practice with two or three hurdles, aiming to get a uniform stride between the hurdles and to maintain a good balance. A good preliminary exercise is to raise the legs alternately, bringing the knees to the level of the armpit.

(e) Once or twice a week take the full number of hurdles for time.

WARMING-UP PROGRAM.

(a) Take a dozen steps, rising slightly on the toes at each step.

(b) Trot a dozen steps. Repeat, swinging the arms at the sides.

(c) Trot thirty steps, lifting the knee well at each step. Repeat, lifting the heels high.

(d) Take several deep breaths. Now trot fifty steps at a good swinging pace, then walk fifty.

(e) Breathe deeply.

Always do this, no matter what your event may be.

PHILIPPINE INTERSCHOLASTIC RECORDS.

The following list is a compilation of the records made to date by the Filipino school athletes. As shown by the list, all have been made within the last two years and several new ones will no doubt be added at each meeting henceforth. The records are very evenly divided between the Visayans, Ilocanos and Bicol and no one athlete holds more than one record to date. Some of the most remarkable are the high jump record of 5 feet 3½ inches, made by Talar, a Camarines boy, at the last Bicol meet; the broad jump record of 19 feet 4½ inches, held by Enriquez, of Trade; and the shotput mark of 43 feet 9½ inches made by Ylanan, of Cebú, at the last Carnival meet. The height of 9 feet 8 inches in the pole vault is rather exceptional also, as in this event several years' training is usually necessary before any such height is attained. The other records are all good and will undoubtedly be bettered in school meets of the near future.

| Event. | Record. | Winner. | Province. | Race. | Meet. |
|------------------------|----------------------------|-------------------|------------------|---------------|-----------|
| 50-yard dash.. | 5½ seconds | Borja | Ilocos Norte. | Ilocano | Ilo. 1910 |
| Do | 5½ seconds | Quintano | Albay | Bicol | Car. 1911 |
| 100-yard dash.. | 10½ seconds | Raymundo.. | Ilocos Norte. | Ilocano | Ilo. 1910 |
| 220-yard dash.. | 24½ seconds | Robillos | Cebu | Visayan | Car. 1911 |
| 440-yard run... | 55½ seconds | Manuel | Cebu | Visayan | Vis. 1911 |
| 880-yard run... | 2 minutes 20 seconds | Matigay | Bohol | Visayan | Vis. 1911 |
| Mile run | 5 minutes 26 seconds | Hipolito | C. L. A. A | | Car. 1911 |
| 120-yard, low hurdles. | 16 seconds | Astraquillo | Ilocos Sur | Ilocano | Car. 1911 |
| Broad jump .. | 19 feet 4½ inches | Enriquez | Trade | Tagalog | Car. 1911 |
| High jump | 5 feet 3½ inches | Talar | Camarines | Bicol | Bic. 1911 |
| Shot put | 43 feet 9½ inches | Ylanan | Cebu | Visayan | Car. 1911 |
| Pole vault | 9 feet 8 inches | Santiago | Sorsogon | Bicol | Car. 1911 |
| Do | 9 feet 8 inches | Meliton | Camarines | Bicol | Bic. 1910 |
| 880-yard relay .. | 1 minute 41½ seconds | | Cebu | Visayan | Vis. 1911 |
| Mile relay | 3 minutes 51 seconds | | Cebu | Visayan | Vis. 1911 |

TROPHIES.

An athletic trophy should be artistic, substantial and appropriate. It need not to be expensive but should not offend good taste by being flimsy and cheap in appearance. An athlete should prefer to have his own name or that of his team on an appropriate trophy for the championship of a large group, rather than to acquire a number of cheap ones possessing little significance.

Committees in charge of meets should bear this in mind, and in case funds are not available to award a suitable trophy each year, an appropriate prize may be obtained to extend over a period of years, each succeeding winner holding possession in turn. At the end of the period, the trophy will belong to the school having won it the most times.

In this manual there will appear cuts of two trophies awarded by the Public Schools Athletic League of the city of New York. Both of these trophies meet the requirements enumerated above and are of particular significance, in that one shows the athlete at starting for a run, and the other represents the death of the soldier who carried the news of the victory from the battlefield of Marathon to the city of Athens.

ATHLETIC COURTESY.

It is expected that every person connected with the Bureau of Education will do everything in his power to insure clean and gentlemanly sport. Much of the value of athletics is lost when contests are marked by exhibitions of bad feeling and discourteous conduct. The following statements are recommended to the consideration of all:

1. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than he would any other agreement between gentlemen. The stealing of advantage in sport is to be regarded in the same way as stealing of any other kind.

2. Visiting teams are to be honored guests of the home team, and all their mutual relations are to be governed by the spirit which is understood to guide in such dealings.

3. No action is to be taken or course of conduct pursued which would seem ungentlemanly or dishonorable if known to one's opponent or to the public.

4. No advantages are to be sought over others except those which are understood to show superiority in the game.

5. Officers and opponents are to be regarded and treated as honest in intention. When question arises where officers are apparently dishonest or incompetent, and the attitude of opponents is questionable, the matter should be referred to proper authority where the case will be adjusted and such disciplinary action taken as may be necessary.

6. Decisions of officials are to be abided by, even when they seem to be unfair.

7. Ungentlemanly or unfair means are not to be practiced, even when they are used by opponents.

8. Good points in others should be appreciated and suitable recognition given.

9. Cheer when you win. Cheer when you lose. It is the proper and gentlemanly thing to give a rousing cheer for successful opponents.

10. A protest is a proper complaint made in a gentlemanly, business-like manner. It is based upon reason and fact, and always receives consideration. Unreasonable complaints, loud talking, and threatening demonstrations are entirely out of place and should not be tolerated in any athletic contest.

11. It is not considered gentlemanly to gamble on the results of athletic contests, and no betting of any kind will be tolerated by the Bureau of Education in connection with school sports.

12. Teachers and pupils alike should be quick to obey requests to keep back of the lines at all games and contests, unless they have duties that make their presence within the lines necessary.



BUREAU OF EDUCATION PUBLICATIONS—Continued.

(Concluded from second page of cover.)

CIVICO-EDUCATIONAL LECTURES:

1. The Rights and Duties of Citizens of the Philippines. 1910. (Supply limited.)
2. The Prevention of Diseases. 1910. (Supply limited.)
3. Rice. 1910. (Supply limited.)
4. Diseases of Animals. 1910. (Supply limited.)
5. Coconut Beetles. 1910. (Supply limited.)
6. The Housing of Public Schools. 1910. (Supply limited.)
7. Coconuts. 1911.

THE TEACHERS' ASSEMBLY HERALD:

- Volume I, 1908. (Edition exhausted.)
- Volume II, 1909. (Edition exhausted.)
- Volume III, 1910. (Edition exhausted.)
- Volume IV, 1911. (Supply limited.)

TEXT BOOKS:

- Selected Short Poems by Representative American Authors. (In hands of printer.)
- Commercial Geography; the Materials of Commerce for the Philippines. (In hands of printer.)
- Macaulay's Samuel Johnson; Emerson's Self Reliance; Lincoln's Gettysburg Address. (In hands of printer.)

MISCELLANEOUS:

- Abraham Lincoln, a Collection of Passages from His Speeches and Letters, with Brief Comments, 1909.
- Some Recipes for preparing Jellies, Preserves, Pickles, and Candles from Philippine Fruits, 1911. (Supply limited.)
- Syllabus of Economic Conditions in the Philippines, 1911. (Supply limited.)
- Second Annual Report on Private Schools and Colleges of the Philippine Islands, 1911. (In hands of printer.)
- A Statement of Organization, Aims and Conditions of Service in the Bureau of Education, published for General Information. Several editions printed at Manila and Washington.

